

Anxiety, Depression & Wellbeing

Tuesday 10:30 - 12:00 & 1:00 - 2:30

Moorland House, Bark Street, BL1 2AX

ANXIETY, DEPRESSION & WELLBEING GROUP

Do you need support?

Do you feel alone? Are anxiety and depression taking over? Come along and join!

Contact: christine.makinson@mhlist.co.uk or 01204527200

This dynamic and diverse group offers support to our members in an encouraging and empowering manner. We explore different ways of coping with mental health issues, mainly anxiety and depression, giving members the tools to develop and thrive.

We often have guest speakers in to discuss the topics which are being covered in group, such as DWP, benefit advice and the Woodland Trust.

1

HAVE A BREW

Come in, get comfortable and have a drink!

2

CHECK IN

We have a weekly check in to speak to each group member individually.

3

GROUP TOPIC

We will discuss a topic of choice such as coping with anxiety or panic attacks.



Group Setting

By having a group setting, people relate and support one another.



Have A Brew

Tea, coffee, milk and sugar is available for all members.



WhatsApp

We have a WhatsApp group for all members to chat outside of group times.

