

Westhoughton Wellbeing Support Group

Wednesday 12:00 - 2:00

The Hub, Central Drive, Westhoughton, BL5 3DS



Do you need support?

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

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

This is a very friendly and diverse group in which mutual respect and care is in abundance.

The group focuses on sharing knowledge and personal experiences in ways to help support, guide and develop each members personal awareness of mental health with others and feeling engaged with the world around you. If you want to be a part of this new dynamic supportive group then then please come and have a coffee and a chat to find out more.

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.

