

Peer Link Service



Mental Health & Wellbeing
support in your community

Mental Health Workshops

What happens at the workshops?

The workshops offer an opportunity to explore ideas and practical steps that can be taken to improve wellbeing. Workshops will be facilitated by two Peer Workers in an informal and safe environment.

Week 1- Tues 27th Nov 6.15-7.30pm

Anxiety

Understanding anxiety, how it affects us and sharing strategies to reduce, challenge and manage anxiety.

Week 2- Tues 4th Dec 6.15-7.30pm

Sleep & Relaxation

A discussion about positive sleep routines and how relaxation can help our mental wellbeing.

Week 3- Fri 11th Dec 6.15-7.30pm

Beating the Winter Blues

Understanding why seasons might affect our mental health, recognising triggers, and building on resources to help us cope through future winters.

Please contact Carnoustie Medical Centre reception to book
your places as spaces are limited.



Carnoustie Medical Centre 01241 859888



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Achieving the best possible mental health & wellbeing in your community