



## 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 in the Community Education Room at Carnoustie surgery.

Thursday 12<sup>th</sup> Sept 1.30pm-3.30pm

#### **WRAP & Recovery**

Create a Wellness Recovery Action Plan to look at ways to manage your Mental Health.

Thursday 19<sup>th</sup> Sept 1.30pm-3.30pm

#### **Anxiety**

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

Thursday 26<sup>th</sup> Sept 1.30pm-3.30pm

#### **Self-Harm**

This workshop looks at Self-Harm and coping techniques to manage it.

Thursday 3<sup>rd</sup> Oct 1.30pm-3.30pm

#### **Supporting Others – Mental Health**

Aimed at family & friends who are supporting someone to manage their mental health.

Thursday 10<sup>th</sup> Oct 1.30pm-3.30pm

#### **Supporting Others - Anxiety**

Aimed at family & friends who are supporting someone to manage their anxiety.

Thursday 17<sup>th</sup> Oct 1.30pm-3.30pm

#### **Supporting Others – Self-Harm**

Aimed at family & friends who are supporting someone to manage self-harm.

Please contact Carnoustie Medical Surgery reception to book your place, as spaces are limited.



Carnoustie Medical Group 01241 859888



anguspeerservice@penumbra.org.uk

