



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 18th July 1.30pm-3.30pm

Mental Health and Stress

A brief introduction to mental health and stress, how it affects us and ways to manage it.

Thursday 25th July 1.30pm-3.30pm

Anxiety

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

Thursday 1st August 1.30pm-3.30pm

Self-Esteem & Confidence

This workshop looks at what self-esteem is and ways to improve confidence.

Thursday 8th August 1.30pm-3.30pm

Sleep & Relaxation

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

Thursday 15th August 1.30pm-3.30pm

Managing Moods

This workshop focusses on what affects our moods, how to recognise warning signs and how to manage this.

Thursday 22nd August 1.30pm-3.30pm

Maintaining Positive Mental Health

Self-management tools and strategies for maintaining positive mental health.

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



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