



Hampshire Wellbeing Services Eastleigh & Winchester



What do we offer?

A short-term program of recovery-based courses.

Assistance to learn skills/self-help techniques to manage mental health.

Signpost you to other relevant local services.

A keyworker who will help you through your recovery journey whilst you are with us.

Wellbeing and emotional support via telephone, text, email and video call.

What courses do we run?

Anxiety Management

Self Esteem

Anger Management

Mindfulness

The Decider Life Skills™

Confidence Building

1-1 focused telephone support for those unable to use online platforms

What else is on offer?

One-off workshops on a variety of topics e.g. Boundaries, Communication, Mindfulness and Self-care.

Togetherall™ - a digital mental health platform offering a range of information and courses.

Wellbeing Discussion Group – a weekly peer-support group.

“A Little Piece of Mind” E-zine – a free monthly newsletter focused on wellbeing.

Eastleigh Wellbeing Centre

111 Leigh Road Eastleigh, SO50 9DS

Telephone: 02380 611 458

eastleighwellbeing@solentmind.org.uk



Get in touch!

Due to COVID-19, we are currently running our courses through Zoom until we can safely open our centers.

Winchester Wellbeing Centre

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