

Mental Health Awareness Week events 2026

Join us this May to learn about the support available in your community and look after your wellbeing.

Monday 11 May 10am - 1pm	Eastleigh Wellbeing Centre open day
Tuesday 12 May 10am - 1pm	Fareham and Gosport Wellbeing Centre open day
Wednesday 13 May 9am - 1pm	Winchester Wellbeing Centre open day
Wednesday 13 May 10am - 2pm	New Forest: The Hollies open day
Thursday 14 May 10am - 2pm	Mayfield Garden Centre open day
Thursday 14 May 10am - 2pm	New Forest: Marcella House open day

Visit our website to find tools
and tips to help you **#Thrive**

solentmind.org.uk/thrive

