

Hampshire Wellbeing Services

Eastleigh & Winchester



What do we offer?

A short-term programme 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 assist you through your recovery journey whilst you are with us

Wellbeing and emotional support - face to face or via telephone, text, email and video call

Peer Support



What courses and groups do we run?

Anxiety Management

Self Esteem

Anger Management

Mindfulness

The Decider Life Skills™

Lifting Low Mood

Walking Group

Wellbeing Discussion Group

LGBTQ+ Peer Support Group



What else is on offer?

Workshops on a variety of topics e.g. Boundaries, Communication, Healthy Lifestyles and Self-care

Togetherall™ - a digital mental health platform

Digital Skills course

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

Writing for Wellbeing by ArtfulScribe

Music Therapy by Key Changes

Advice First Aid in partnership with Citizens Advice

Eastleigh Wellbeing Centre

111 Leigh Road Eastleigh, SO50 9DS

Telephone: 02380 611 458

eastleighwellbeing@solentmind.org.uk



Get in touch!

We run our courses and groups in-person at the Wellbeing Centres and local venues, or through Zoom.

Winchester Wellbeing Centre

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