



## Winchester and Eastleigh Wellbeing Centres

Need support with your  
mental health?  
We're here for you.



Solent+

# Winchester and Eastleigh Wellbeing Centres

Our wellbeing centres are welcoming places where you can be yourself and receive help and support. We're here to help you on the path to recovery, and are experienced in dealing with mental health conditions including depression, anxiety, phobias, psychosis, bi-polar disorder and more. Whatever challenges you may be facing in your life, we're here for you.

## We can support you to:

- Build confidence and self esteem
- Manage stress and anxiety
- Discover new strengths
- Have a better understanding of managing symptoms
- Join a friendly, supportive community
- Live a healthier lifestyle

## How we work

At your first visit, we work with you to set goals for your time with us. Reaching your goals may involve one-to-one sessions, short courses or group work. Our support is specific, confidential to you and aims to help you live well.



## Group Sessions

At both our Eastleigh and Winchester wellbeing centres we have a range of groups where you can meet others who are in different stages of their recovery. Our programme is always evolving but it may include:

- Art
- Anxiety
- Self esteem
- Mindfulness
- Anger management
- Confidence building
- Creative writing
- Self-help



**"Coming to the Wellbeing Centre has helped me. My confidence has grown, I can engage with people, I feel comfortable too."**

## Committed to you

Our staff team are here to help you towards recovery. The work we do with you is tailored to help you meet your own goals. Everything we do aims to give you the skills and confidence to live a fulfilling life.

**"I feel safe in the wellbeing centre. Nobody judges me or what I've been going through."**

## Contact Us

To refer yourself simply e-mail [wellbeing@solentmind.org.uk](mailto:wellbeing@solentmind.org.uk) or call us on the numbers below.

### Winchester Wellbeing Centre

1 Priory Gardens,  
Parchment Street,  
Winchester, SO23 8AU

t: 01952 859012

### Eastleigh Wellbeing Centre

111 Leigh Road,  
Eastleigh, SO50 9DS

t: 023 8061 1458

We're Solent Mind, the leading mental health charity across Hampshire. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support. Find out more at [www.solentmind.org.uk](http://www.solentmind.org.uk).

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Hampshire  
County Council



Solent Mind, working in partnership with Andover Mind.

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