We offer a flexible short-term programme consisting of recovery-based courses for people to learn skills and self-help techniques to better manage mental health concerns.

We also support service users to engage with follow-on community peer support groups. Our Wellbeing service can also signpost you to local services for any additional support needs; such as housing, benefits, counselling and crisis support.

You will meet with a member of staff for an initial assessment to discuss what you want to achieve for yourself and which of our courses will help you work towards this.

The following is a selection of the courses and workshops we run:

- **Anxiety Management** Eastleigh & Winchester
- **Self Esteem** Eastleigh & Winchester
- **Decider Life Skills™** Eastleigh & Winchester
- **Anger Management** Eastleigh only
- **Beginners Mindfulness** Eastleigh & Winchester
- **Depression Recovery** Eastleigh & Winchester
- **Confidence Building** Eastleigh & Winchester
- **Assertiveness** Winchester only
- **Healthy Living** Winchester only

In addition, we also offer the following:

- **Wellbeing Discussion Groups** – Tuesdays 11am -12pm (Eastleigh), Thursdays 12:30pm – 1:30pm (Winchester).
- **Rainbow LGBTQ+ Group** – 3rd Monday of every month 2pm – 3:30pm (Winchester only).
- **Stop Smoking Advice** – Advice and 1-1 support for smoking cessation.
- **Carers’ Group** – 3rd Wednesday of every month 6:15pm – 8pm (Winchester only).
- **One-off Workshops** – Mindfulness & Relaxation, Self-Compassion, Boundaries & Communications
- **Together Community Clinic** – Housing, budgeting and benefits advice (*please ask staff to book an appointment*).
  Tuesdays 1:30pm – 4pm (Eastleigh) & Thursdays 1:30pm – 4pm (Winchester)

To find out more information about our service and any of the above, please speak to a member of staff.

If you would like to refer yourself you can collect a self-referral form from either Wellbeing Centre or contact us via telephone or email.

**Please note** – If you are currently under your local Community Mental Health Team please speak to your Care Coordinator or other lead professional so they may refer you directly.

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You can contact us via:

**Eastleigh Wellbeing Centre**
**ADDRESS:** 111 Leigh Road, Eastleigh, SO50 9DS
**TEL:** 023 8061 1458
**EMAIL:** eastleighwellbeing@solentmind.org.uk

**Winchester Wellbeing Centre**
**ADDRESS:** 1 Priory Gardens, Parchment Street, Winchester, SO23 8AU
**TEL:** 01962 859012
**EMAIL:** winchesterwellbeing@solentmind.org.uk

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We’re Solent Mind, the leading mental health charity across Hampshire. Solent Mind is a Registered Charity No. 188115. **Updated August 2018**