

Health in Mind Courses 2024

We offer a range of courses to people living in Edinburgh, covering a range of topics and explore difference tools and strategies to help support and improve mental health and wellbeing. Courses and workshops are offered either in person (in a variety of locations across Edinburgh) or online (on Zoom).

Please note that **sign up is required** for all of our courses. To sign up, make an enquiry on our website: <https://health-in-mind.org.uk/enquiry-form/>

The Wellbeing Toolkit

A 6-week wellbeing course suitable for anyone who would like some help to manage their mental health and wellbeing. We cover a variety of self-help techniques and broader topics related to general mental wellbeing, and we aim to spark some useful discussion in a group setting with people going through similar experiences. These sessions offer a space for people to learn and practise tools and strategies for staying well, with elements of peer support. Health in Mind encourages active participation so that the attendees get the most out of these sessions.

- **George Square, January 2024 (for 18–25-year-olds)**
Tuesday evenings from 6:30pm-8pm (starting 23rd January 2024)
- **Online, February 2024**
Thursday mornings from 10-11:30am (starting 8th February 2024)

Anxiety Management

A 5-week course which aims to support people who are experiencing anxiety or excessive worry to manage their symptoms. Anxiety is a feeling of worry or fear, often about things that have happened in the past or things that are expected to happen in the future. Whilst it is normal to feel anxious from time to time, sometimes anxiety can be longer term and can have a negative impact on your life. This course will support you to learn about what anxiety is, and to practise helpful coping strategies to help manage it through a range of ‘bottom- up’ (body to mind) and ‘top-down’ (mind to body) approaches.

Dates TBC

Keep Yourself Well

A 7-week course where individuals will join a group of peers to create their own personalised ‘Keep Well’ plan which they will take home and use to keep well and to understand themselves and their wellness needs better. Participants are expected to have some self-help techniques in places already and to be willing to engage in group discussions about recovery. To get the most from this course, we ask that participants are prepared to set aside some time at home each week to complete some of the activities included in their personal workbook (which will be provided in the first session).

Dates TBC