

Ways 2 Wellbeing

Workshops and Support



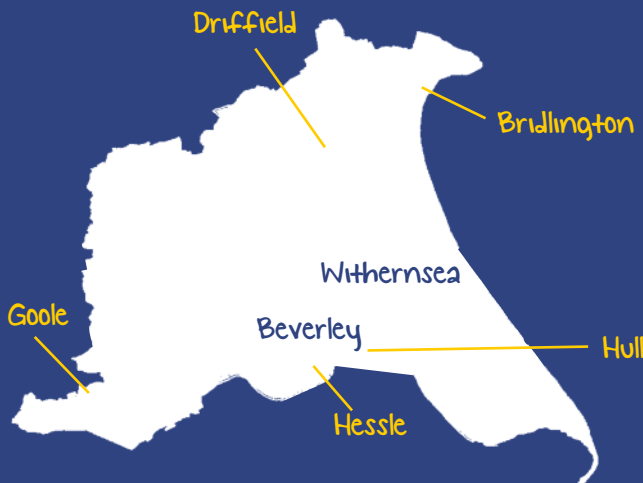
“Coming here to the sessions has had an immense effect on my life. I have met others who experience the same issues as me. Extremely pleased with the workshops and it serves a very valuable purpose”

Make a Plan!

Connect

Learn

Friendships



For more information about the courses contact our Information line.

Tel: 01482 240133

Email: info@HEYMind.org.uk



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Hull Clinical Commissioning Group

 EAST RIDING
OF YORKSHIRE COUNCIL


East Riding of Yorkshire
Clinical Commissioning Group

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Would you like to improve your mental health?

Do you feel ready to make some changes?

We can provide the tools you need that will help to keep you well!



We use tried and tested methods to provide a personalised plan to improve your mental health. Why not sign up to our 15 week package and start on your...

Way to Wellbeing!

Groups not for you?

At Hull and East Yorkshire Mind we offer a wide range of support options designed to meet your needs. Why not call our information line today to find out what we can do for you

