

# Mental health and wellbeing support

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## Peer led Wellbeing Conversation Café

- Are you aged 16+ and living in Dundee?
- If you have internet access via a computer, tablet or android phone, come and join us for a virtual cuppa and a chat on Zoom.
- A chance to have an open, friendly conversation about your Wellbeing with our Peer Workers who have their own lived experience of mental health challenges.
- Tell us what Wellbeing Workshops (POWWOWs) you would like to see planned - topics include Anxiety Matters; Healthy Food Healthy Mind; Sleeping Well and many more!

- Every Wednesday at 1.30pm-2.30pm

NO REFERRAL FORMS REQUIRED...Contact us via phone or e-mail to find out more or book a place. We can also assist you with using Zoom before you join a session:

 : 07754754867 Louise Mackinnon (Peer Worker)

 : 07717 618722 Anne Barclay (Peer Worker)

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