



heads up

FREE

Ways to Wellbeing Course 6 Sessions

- WHAT?** A course to help you improve your wellbeing and make positive life choices. Groups are small and there will also be 1:1 support.
- WHO?** For adults (19+) with mild to moderate anxiety, depression or other mental health issues.
- WHY?** Learn ways to lift your mood and boost your confidence in a relaxed, friendly environment.
- WHERE?** Courses take place at different venues across Manchester. Contact us to find out when the next course starts closest to you.
- WHO** Call Jo Kirtley on 07717 760414, or email headsup@man-adulted.org.uk

Activities to make you feel alive again!



headsupmanchester



@headsupmanchester

Heads Up courses are for people with mild to moderate mental health problems. You will be invited to complete a questionnaire about your mental health and well-being.

Funded by



Skills Funding Agency

You can decide to join a course yourself, or it may be recommended to you by a health worker who can refer you. We will contact you to let you know when and where the next course is starting.

Ways to Wellbeing are proven pathways to improving your mental health. The course will help you consider some lifestyle changes and help you to set realistic goals for yourself.

connect

Discover ways to re-connect with your family, friends and community.

notice

Take notice! Find out what mindfulness is all about.

be active

Simple ways to get moving in everyday life.

give

Commit an act of kindness to boost your happiness.

learn

Learning something new gives a strong feeling of achievement.