These weekly workshops will provide you with 'take away' skills and knowledge to manage and 'surf' low mood. Understand signs and symptoms of low mood; develop positive skills in dealing with low mood; and learn practical strategies to improve your mental health.

3 Oct - Understanding Low Mood
10 Oct - Thinking-Feeling-Behaviour Connection
17 Oct - Fun and Achievement
24 Oct - Lifestyle Matters

Each week a different topic come to as many as you like. No need to register - just drop in - bring your student card.