Surf the Blues: Understanding and Managing Low Mood

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.

Every Thursday starting from 5th March to Thursday 26th March, 11am - 12pm in room 2008, level 2, East Wing, Quadrangle Building, Map Ref E15.

No need to register, just drop in and bring your student card.