Surf the Blues: Understanding and Managing Low Mood
5 Mar 2020 - 11:00am to 26 Mar 2020 - 12:00pm | Room 2008, level 2, East Wing, Quadrangle Building, Map Ref E15

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.