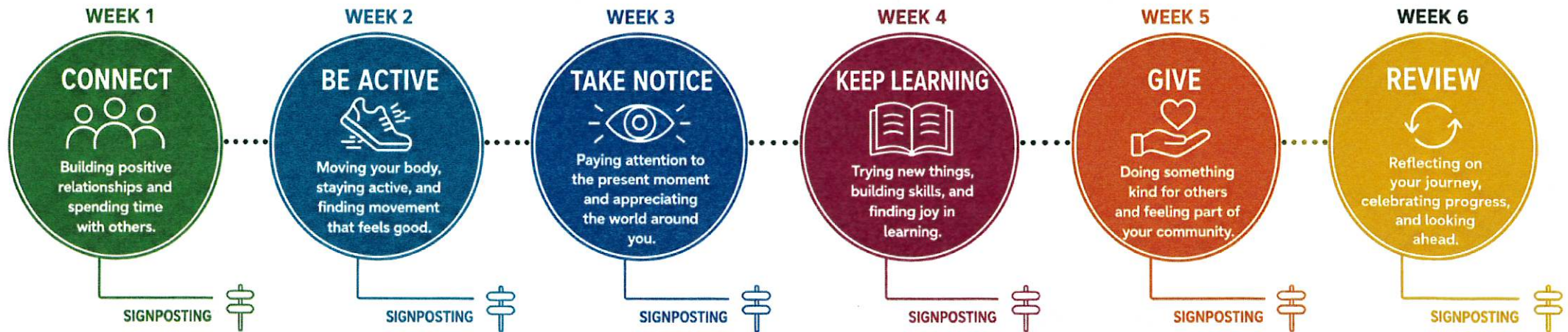


THE HEALTHY MIND HUB

Boost your wellbeing. Build connections. Discover what helps you thrive.

Healthy Mind Hub offers free, friendly, community-based wellbeing workshops for adults across **Mid, South and West Essex**. Join a welcoming space to meet others, try meaningful activities, and explore what supports your mental health.*

Over six weeks, you'll enjoy sessions inspired by the Five Ways to Wellbeing including creative activities, gentle movement, learning something new, and taking notice of what matters to you.



- ✓ The Healthy Mind Hub is best suited for people who:**
- ✓ Are adults 18+ living in Mid, South and West Essex
 - ✓ Feel generally stable
 - ✓ Are ready and able to take part in in-person or online group sessions
 - ✓ Want to build confidence, learn coping skills, and connect with others

- ✗ It may not be the right service for you at this time if you:**
- ✗ Are in crisis or need urgent support
 - ✗ Require 1:1 or intensive mental health care
 - ✗ Feel unable to participate safely in a group setting

* this is not a clinical, therapeutic, or crisis service



www.trustlinks.org/projects/healthy-mind-hub/

or scan the QR code to learn more and get involved.

or email healthymind@trustlinks.org

SCAN ME



TAKE A SMALL STEP TOWARD A HEALTHIER MIND - WE'RE HERE TO WALK ALONGSIDE YOU.

