

Galashiels Ways to Wellbeing

10 weeks of mental health & wellbeing workshops

Open to anyone aged 18+ and living in the Scottish Borders, with or without a diagnosed mental health condition.

Weekly workshops designed to help you build your self-management toolkit, focusing on areas such as creative coping strategies and psychoeducation.

The course will be delivered in peer focused, flexible way, according to the needs of the group.

Contact us to find out more:

Email: hello@health-in-mind.org.uk

Phone: 01896 807 000



Time: 10 am – 12 pm

Dates: Every Thursday
Starting 8 October 2026

Venue: Confirmed on completion of initial conversation.

Booking required.

Visit our website or scan here for info and booking enquiries

health-in-mind.org.uk

Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee registered in Scotland number SC124090. The registered office is at Links House, 15 Links Place, Edinburgh EH6 7EZ

