



Health
in Mind

Kelso Stress Management Course

Open to Scottish Borders residents aged 18+

A free 4-week course to learn about and manage stress symptoms. Supporting you to build coping strategies and resilience.

Where: Kelso
(venue confirmed on booking)

When: Thursdays from 10am to 12 noon

Start date: 22 October 2026

Find out more and book your place:

Make an enquiry:

health-in-mind.org.uk/borders/courses
or scan the QR code here

Call: 01896 807 000

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



www.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 Suite G2, Lnks House, 15 Links Place, EH6 7EZ.