

Stress Control Classes



Midlothian
Health & Social Care
Partnership

Do you recognise these signs in yourself or someone close to you?

Worry

Tiredness

Poor Sleep

Feeling worthless

Panic Attacks

Feeling on the edge

Being tearful

Feeling irritable.

Then come along to a series of 6 free classes to listen and learn more.

Classes are delivered by NHS and Health in Mind Staff.

Classes are delivered in a lecture format so you will not be asked to speak in front of a group.

When - Begins 5th February 2024.

Time - 3:30pm-5pm.

Where - Loanhead Leisure Centre.

**For more information contact
details below:**

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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 40 Shandwick Place, Edinburgh EH2 4RT.

