

Lower Valley Anxiety and Depression Support Group

This is a group for people who are experiencing anxiety and depression to come together and share their experiences in an informal and non-judgemental space. It is also a good opportunity to meet new people and develop a supportive network.

The group is facilitated by a Healthy Minds project worker and volunteers. The group is free, although voluntary donations of £1-£3 towards refreshments and room hire are welcome.

Every 2nd & 4th Tuesday of the month

12.30pm – 2.30pm

**@ Cornerstone.Barnardo's* - 75 Southgate, Elland
HX5 0DQ**



For more information contact Nicola at Healthy Minds:

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Mob:

Email: Nicola@healthymindscalderdale.co.uk



Healthy Minds is Calderdale's only local, independent, mental health charity, led by people with personal experience of mental distress.

We provide a range of support groups, a welfare service, and recovery courses and run anti-stigma workshops through the Mentality Project. Volunteers with experience of mental distress are central to our projects. To find out more and how you could get involved, get in touch. The Support Group Project is funded by the Clinical Commissioning Group.

Healthy Minds is the operating name for Calderdale Wellbeing: Company Number 6828871, Charity Number 1132316.