



MENTAL HEALTH
MATTERS WALES

Anxiety & Depression Peer Support Group

*A friendly and welcoming place
for support, discussion, and
chat about living with Anxiety
and Depression!*

Mondays at 11am - 12pm on Zoom
Tuesdays at 2pm - 3pm at MHM Wales Offices



**To register, call (01656) 767 045
or email: community@mhmwales.org**