



Depression & Anxiety Support Group

Venue:
MHM Wales
63, Nolton Street
Bridgend
CF31 3AE

Every second and fourth Tuesday of the Month at 2:00pm to 3:00pm

Please check our monthly activity list to confirm if the above support group is being held

No referral required, (18+)

Anxiety and depression could happen due to our lifestyle or the pressure in our day to day life. Through this support group, you will gain knowledge regarding anxiety and depression and an understanding of the reasons why it occurs and how to prevent it.

For more Information

Contact: John on (01656) 651 450 or email
wellbeing@mhmwales.org

