

MENTAL HEALTH MATTERS



Looking for a space to unwind, connect and feel supported?

Lanarkshire Links is offering Mental Health Matters groups across North and South Lanarkshire - safe, welcoming spaces where you can:

- Meet new people
- Build confidence
- Share experiences
- Access local support and information
- Have fun and relax!

For more information or to come along to one of our groups:

Beccahibbard@lanarkshirelinks.org.uk
(South)

Meganfinlay@lanarkshirelinks.org.uk
(North)

 01698 265232

 www.lanarkshirelinks.org.uk

Groups are age specific:
Ages 16–24
Ages 25–35

Scan the QR code to access our referral form:

