**Wellbeing Hangouts (Health in Mind)**

Availability : **Edinburgh Wide**

**Who is this for?**

* People aged between 18 and 25 years old

**Who provides this?**

* Health in Mind

**Description**

A fortnightly drop-in peer-support space for those who’re experiencing anxiety, depression or low-mood. This is a relaxed, friendly and inclusive space for people to socialise and discuss all things mental health related.

**How do I access this?**

* Self-referrals
* Referrals by third parties

For more information and to register email Stuart at **stuart.cameron@health-in-mind.org.uk** or call 0131 225 8508 – ask for Stuart.

**Is there a cost?**

Free

**Is there a waiting list?**

No

**Location information**

The Wellbeing Hangouts currently takes place on Zoom. If you are unfamiliar with Zoom and need some help to access the space, Stuart can provide support with this.

**Opening times**

Every second Thursday from 5.30 – 7.00 pm

Upcoming dates; May – 13 and 27, June – 10 and 24, July – 8 and 22