

"How can I make things better??"

"I need a bit more confidence."

Feel Stuck by your Mental Health? Want to Improve Things, But Not Sure Where to Start??

"How can I think more positively?"

"I don't know where to start??"

Give "*Stepping Forward*" a try

Stepping forward is designed for people with Mental Health Conditions who would like to explore ways to better manage. Over six 2-hour weekly sessions it is intended to help you gain the confidence and skills necessary to improve your life.

It will give you a chance to meet a small group of people in a similar situation to you in an informal and relaxed setting. Much of course's content will be up to what You feel would help You progress, (*be it being more assertive or simply getting a better night's sleep*).

A late morning course will start on Thursday 08 November 2018 at Dalkeith Jobcentre. The course are available to some people with a mental health issue.

Want to find out more speak to your job centre advisor about eligibility and book your space on the event before Thursday 08 November 2018.