

Equal Access

Digitally Connecting

Supporting people from ethnic minority communities in Edinburgh



Has Covid 19 left you feeling isolated and more worried than usual?

Would you like to learn tools to improve your mental health and wellbeing, build IT skills and meet other people?

Come and join us for

6 group sessions on Zoom ,an online platform, from 11am -12pm to help you learn coping skills on

13 July: Understanding how worry /isolation affect us

17 July: Breathing, Self care

20 July: Resilience

24 July: Control and Boundaries

27 July: Thinking Style

31 July: Take Notice

We can provide internet access, equipment and support to learn IT skills

To find out more and register please contact:

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Reg in Scotland No:SC432921
Scot Charity No: SC027690

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Health in Mind is a charity registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. The registered office is
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