Wellbeing Talk: The Men in Mind Takeover

Supporting the wellbeing of our staff, one conversation at a time.

This month's Wellbeing Talk features Men in Mind, a peer-to-peer support group for men with groups across Aberdeen City, Aberdeenshire and Moray. Join us to hear about the support they offer and how their groups can help promote positive mental wellbeing.

📅 **26th March**
⏰ **2:00–3:00pm**
📍 **MS Teams**

REGISTRATION:

Current Wellbeing Talk members will receive the Teams link automatically.

To register for the Wellbeing Talks programme and receive the link for this session, please email:

✉️ gram.wcd@nhs.scot

MEN IN MIND