

Conversation Café

From Surviving to Thriving



Join the conversation about how we can enable everyone in Moray to achieve the best possible mental health

- Learn more about how people can recover from mental health problems and live a good life.
- Try out tools that help people manage their own mental health and wellbeing.
- Discuss your own experiences of mental health problems and how you manage your own wellbeing.
- Find out more about the support that is available for people experiencing distress or mental health problems.
- Help inform the future development of mental health and wellbeing services in Moray.

Presentations

Discussion Groups

Taster Sessions

Information Stalls

Entertainment

Food & Refreshments

Thursday 11th May

Elgin Town Hall

10.30am – 3.30pm

The event is for anyone who has a personal or professional interest in mental health, wellbeing and recovery. Including:

- People who have experience of mental health problems.
- People who care for people who have experienced mental health problems.
- People involved in delivering services that support people recover from mental health problems.

To reserve a place at the event please e-mail robert@scottishrecovery.net



Making
recovery
real
in Moray

