



Anytime wellbeing resources!

MORAY wellbeing HUB

ACCESSING ONLINE

- Financial support with equipment & internet costs
- New tools coaching



WELLBEING GROUPS

- Form a new one
- Support existing



1-2-1 PEER SUPPORT - 'COMMUNITY CONNECTOR'

- Volunteer & make a difference
- Isolated? Request local support



POSITIVE SOCIAL MEDIA

- #aminuteofmindfulness
- 1min videos
- Weekly wellbeing newsletter

Find us on:



ONLINE TOOLS Discover Pathways to Mental Health

- Adults
- Children, Young People & families



SOCIAL MOVEMENT MEMBERSHIP

- Become a Champion: Use your experience of challenges to help others (over 240 members!)



How can we support you? Get in touch!

hello@moraywellbeinghub.org.uk
01343 576219 (answerphone checked regularly) moraywellbeinghub.org.uk

Wellbeing Connected Moray project is funded and supported by:




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