

Want to improve your mental wellbeing?

Our Psychological Wellbeing Practitioners Service can help!



How does it work?

We offer brief psychological interventions, for people experiencing mild mental health issues such as anxiety and depression.

We can support people aged 16 or older living in Aberdeen.

The Psychological Wellbeing Practitioners service works to complement the primary care team in partnership with NHS Grampian.

Support is provided by Practitioners from Penumbra Mental Health.

Join our upcoming group!

Our team will be running a 6 week **Anxiety Management Group**, starting:

- **Friday 17th May 2024**
- **1pm - 3pm**
- **Aberdeen Health Village**
Frederick St, Aberdeen, AB25 5HY

Referrals can be made via your local GP Practice or by emailing:

gram.pcptaberdeencity@nhs.scot



Follow us on Facebook