



**MHM WALES**



**#KeepWalesSafe**



**Anxiety &  
Depression**

# **Anxiety & Depression Peer Support Group**

**Every Tuesday  
12pm - 1pm on ZOOM**

**Registration Required!**

**Call (01656) 767045 or email: [john.crockett@mhmwales.org](mailto:john.crockett@mhmwales.org)**

**Visit [www.mhmwales.org.uk](http://www.mhmwales.org.uk) for information and updates on all our services**

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