

Wellbeing College

Exploring Resilience & Recovery in the Borders



Our courses bring people together to explore resilience and promote positive mental health in the Scottish Borders.

The Wellbeing College offers learning opportunities for people aged sixteen and over who live in the Borders.



You do not need to be referred or have a diagnosed mental health difficulty, and all learning opportunities are free. If you are interested in joining with others to learn more about your mental health and wellbeing, develop coping skills and skills for your personal development please contact us at:

Address:

The Hive, Low Buckholmside, Galashiels, TD1 1RT

Email:

wellbeing.college@health-in-mind.org.uk

Website:

wellbeingcollege.org.uk

Tel:

01896 807000

Opening Times:

The Hub:





Tuesday from 10am to 1pm

Thursdays from 1pm to 4pm

Office Hours:

Monday – Friday 9.30am to 4.30pm

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