



how are things?

If life's feeling stressful, hard, overwhelming or uncertain.

Take 30 minutes to talk things through and work out what might help.

Book a free Mental Health MOT with Conwy Mind.



Friday 11 September



Kennedy Court Community Centre

10am–12pm

Conwy Mind drop-in & info session

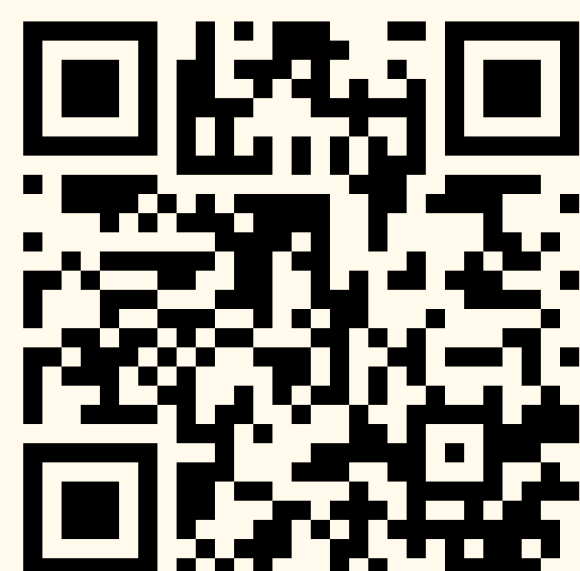
With free cuppa & cake ☕ 🍰

From 12pm

30-minute Mental Health MOTs

(Booking required)

Scan to book an MOT



OR turn over for more info

What's a Mental Health MOT?

A free, one-to-one check-in with a friendly team member from Conwy Mind. It's 30 mins to talk about how you're doing, reflect on what's going well (and what's not), and get support if you need it.

✓ Private & confidential

✓ Available to anyone

✓ No waiting list

✗ Not a test

✗ Not therapy

✗ No jargon or someone trying to "fix you"

If I book, what would we talk about?

There's no right or wrong reason to book.

We can talk about whatever's on your mind, including:

- Money worries or making ends meet
- Feeling lonely, isolated or disconnected from others
- Always being the person other people rely on
- Changes in your family, relationships or everyday life
- Feeling stressed, low, anxious or overwhelmed
- Things feel a bit "off", but you're not sure why

You don't need to have a diagnosis or be at breaking point. MOTs are here for anyone who wants to look after their wellbeing before things pile up.

Sounds good? Booking options:

 Scan the QR code on front of this leaflet

 tripetto.app/run/1J4M9RRGFS

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