



# WellbeingMatters

A mental health in the workplace peer support group

Southend-on-Sea

## A mental health peer support group for the Southend business community

### About us

**WellbeingMatters** is a ground breaking Southend-on-Sea based mental health peer support group that is accessible to the Southend business community.

The group is open to anyone over the age of 18 in paid employment who would like support with their mental wellbeing.

WellbeingMatters is an independently run community group with a board of trustees.

We meet once a month from 6-8pm at Twenty One, on Southend seafront. We bring people together, speaking freely about the challenges we face, sharing with and listening to each other.

We hope to raise awareness and improve understanding of mental health and break down barriers and stigmas. Mental wellbeing in the workplace is of real importance.

*"I have suffered from anxiety and panic attacks for years and felt very isolated as no group seemed to be the right fit for me. I didn't tell anyone at work and became an expert at hiding my symptoms which made me feel worse inside. Just being able to speak to WellbeingMatters has made me feel like support is out there and I am not alone"*

*Senior Manager and WellbeingMatters member*

Safe **Share** **Empower**  
**Listen** Business  
Experience  
**Community** **Energy**  
Facilitate **Support** Relatable  
Positive **Unique**  
**Employers** **Talk** Local  
Employees **Professional**  
**Like-Minded-People**

**Meets first Tuesday of the month, 6.00pm - 8.00pm, at**

**Twenty One, Unit 21, Pier Approach on Southend seafront**

For more information:

E: [michelle.passfield@hotmail.co.uk](mailto:michelle.passfield@hotmail.co.uk)

T: 07751 525458

