

Redhill

# Mental Health Support



**A FREE 12-Week Course to Help Build Confidence and Find Employment!**

## About the Course

At Cute Dog Consulting we are specialists in mental health support, with a proven track record of helping people overcome anxiety, low confidence, and barriers to work. With years of experience delivering practical, person-centred support, we understand how to help individuals build resilience, develop key skills, and take positive steps forward.

We offer a free 12-week course to help you build confidence, manage anxiety, and take positive steps forward. Get support with mindset, CVs, interviews, and your next steps, in a friendly, fun and relaxed setting.

## Who can join?

- Anyone on benefits and registered with the DWP
- Ideal for those struggling with low confidence or anxiety

## Course Details

- Duration: 1 hour per week for 12 weeks
- Sessions: A mix of face to face (both one-to-one and group) and digital remote sessions
- Location: Merstham Community Hub, 2b Portland Drive, Merstham, Surrey, RH1 3HY
- Start Date: 22 April 2025
- Travel costs covered

## Open Day – Come and Find Out More!

- Date: 17 March 2025
- Location: Redhill Job Centre
- Travel costs covered
- **Everything to gain!**