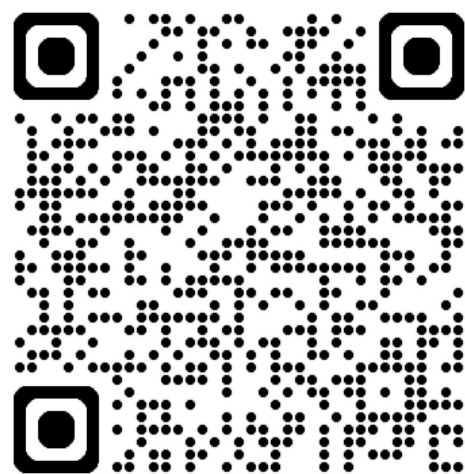


Borders Recovery And Wellbeing

Connecting People
Supporting Recovery
Building Wellbeing
Together



BRAW is a network helping people to find, access and connect with mental health recovery and wellbeing learning opportunities across the Scottish Borders



Find out more at:
www.nhsborders.scot.nhs.uk/braw

Scan the QR code to visit the web page

flourish
mental health matters

Creating Hope
Scottish Borders



Scottish Borders
Health and Social Care
PARTNERSHIP

Borders Recovery And Wellbeing

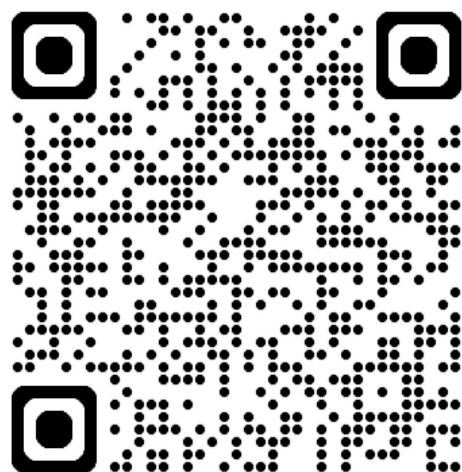
**Recovery
is possible**

**Everyone has
mental health
and wellbeing**

**Small
steps can
make a
difference**

**There are
opportunities
in every
community**

**BRAW can help
you find what
is available
locally**



**Find out more at:
www.nhsborders.scot.nhs.uk/braw**

Scan the QR code to visit the web page

flourish
mental health matters

Creating Hope
Scottish Borders


Scottish Borders
Health and Social Care
PARTNERSHIP

Borders Recovery And Wellbeing

Mental Health Information Stations at the What Matters Hubs

Drop in for a friendly
chat, peer support and
help to find mental
health services
No appointment needed

**Available monthly in
five towns across the
Scottish Borders**

**Talk to a Peer
Support Worker**

**Health
in Mind**



flourish
mental health matters

Creating Hope
Scottish Borders


Scottish Borders
Health and Social Care
PARTNERSHIP