

Peer Support Groups

Why come?

Groups can give some support

- Whilst waiting for therapy.
- Alongside 121 work. Counselling can be challenging, and the group can be extra supportive with this.
- After therapy. It can help consolidate the good work. Being reminded of wellbeing strategies and notice when they are slipping back into old habits and old ways of thinking. Keep you on the path of recovery.
- For those who may not require therapy at this stage in their life, and want to implement something regular as an early intervention or preventative measure.

The benefits of meeting in groups are:

- **Meet others** who understand your issues and ‘get it’. Members have good insight into the struggle with mental health issues where friends and family might not.
- It helps you to **not to feel alone** as people may share things you recognise in yourself which **validates your experience**.
- They **share ideas and wellbeing strategies** that has helped them, providing **hope and encouragement**.
- It a safe place **to be real without judgement**. It’s OK.
- A place just **to listen** if you prefer. No pressure to share anything you don’t want to.
- Discussion can **blow the myths around mental health issues**.
- Gives you **frame of reference**. Sometimes we get caught up in our world when we struggle. In a group you may see those who are both better and worse. This might help give perspective and hope of recovery from those who have moved on from perhaps where you are now.
- The groups **are positive and supportive**, not a moan fest or depressive! We off load but also laugh too.

We will complete an assessment with all clients beforehand to ensure that the group is the right fit for their needs.

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