

Anxiety Self Help Groups

Listings 2016

Please note: All groups listed are independent of Anxiety UK. As such, Anxiety UK cannot accept responsibility for the quality of service delivered, any errors or omissions in the information provided or any actions resulting from the use of such information.

Information collected and published in this booklet was correct at time of going to print.

If you would like your group to be considered for listing in this publication please contact helpline@anxietyuk.org.uk or ring our admin line on 0161 226 7727.

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East of England

Essex

Billericay

Billericay Support Group: The group holds monthly meetings on the first Monday of the month from 7.00pm to 9.00pm. The group welcomes depression and anxiety sufferers. It also welcomes the supporting families, partners and friends.

Address: Anisha Grange Community Room, Outwood Common Road, Billericay, CM11 2LE

Email: dashbillericay@aol.com

This group is affiliated to Depression Alliance for more information see the website www.depressionalliance.org

Hertfordshire

Royston

Royston Depression support: Group meets the 1st and 3rd Tuesday of each month. It welcomes people who are experiencing depression or anxiety.

Contact: Gill

Address: The Committee Room, Room 11, The Town Hall, Royston.

Email: depressionsupport@me.com

Ware

Ware Anxiety Awareness Course: The groups runs in cycles of **6 week closed group meetings** with the aim of an open social group thereafter. The programme is designed to help those who have moments of fear and panic, whether the anxiety comes from a moment that is not explained such as free floating anxiety or generalised anxiety or from a known fear that presents as a phobia.

Contact: Angela – 07917 806 977

Address: Ware, Hertfordshire (ring contact for information)

The first group will take place in Ware, Hertfordshire on Friday 16th January 2015 at 7pm.

The cost of this course is free however a donation of £4 per week is suggested to cover the cost of room hire.

Norfolk

Kings Lynn

Norfolk OCD Support: Norfolk OCD Support is a voluntary organisation, running support groups across Norfolk, for sufferers, led by sufferers. We are a non-profit making organisation and rely heavily on fundraising and small grants to keep our groups running. We currently have three groups running in Kings Lynn, Downham Market and Cromer. We are looking to expand to these groups and are always on the lookout for new coordinators throughout Norfolk.

Cromer: Meets every fortnight on Thursdays at Merchants Place, Church St, Cromer NR27 9GW. 6.30-8.30pm

Kings Lynn: Meets on the 1st and 3rd Wednesday of each month at MIND centre, Saunders Yard, Kings Lynn PE30 1PH 6.30 –8.30 pm

Contact: Gen Brotherton (Acting Chairperson)
Address: 33 Caxton Court, Bishops Park, Kings Lynn, Norfolk PE30 4UU
Phone: 07554 991 813

Email: info@norfolkocdsupport.org.uk
Website: www.norfolkocdsupport.org.uk

Mulbarton

Mulbarton Support Group: Meets every 4th Thursday of the month at 7.30pm. Welcomes people who suffer depression and anxiety.

Contact Lynne

Where: Harvest House, The Common, Mulbarton (near the church)

Email: lambert86@btinternet.com

Norwich

Way out society Once a fortnight wed from 7.30-9.30pm

Contact: Contact Norma on 01603 628792

Address: Vauxhall Centre, Norwich Updated 02/12/09

Phone: 01603628792

Website: <http://www.norwichanxiety.org/>

Suffolk

Ipswich

Ipswich Anxiety Support: A support/social group for adults with anxiety disorders and phobias, panic attacks and depression. We meet on the second and fourth Monday of each month 7.00pm – 9.00pm.

There are also various social events that group members are welcome to attend. Ask for a £1 donation to help cover our costs, although not compulsory.

Contact: David on 07926434685

Where: Quaker Meeting House, Fonnereau Road, Ipswich, IP1 3JH.

Email: davidjedgington@virginmedia.com

East Midlands

Derbyshire

Derby

Derby Depression Club: Meets fortnightly on Mondays 6.00 pm to 8.00 pm

Contact: Heather or David

Address: The Guinness Trust, Residents Common Room, Sidney Street, Derby

Phone: 07914 300074

Email: info@derbydepressionclub.org.uk

Website: <http://www.derbydepressionclub.org.uk/>

For more information on dates visit the website. This group is affiliated to Depression Alliance

Leicestershire

Hinckley

West Leicestershire Mind Anxiety Management Course: Our Anxiety Management course provides knowledge, support and practical help in coping with anxiety and depression, within a safe group environment and run by a qualified counsellor. It is a 6 week course which runs on Mondays at 6-8pm. Courses run regularly.

Contact: Ian Bennett

Address: The Constitutional House, 8a Station Road, Hinckley, Leicestershire, LE10 1AW

Phone: 01455 890 168

Email: info@westleicestershiremind.org.uk

Website: www.westleicestershiremind.org.uk

Northamptonshire

Northamptonshire Depression Support: The group is open to sufferers of depression and related conditions including anxiety, phobias and panic attacks.

Meeting – 2nd Tuesday of each month

Time – 7pm – 9pm

Cost – Free

Contact: Julia Fisher

Address: MIND, Anchor House, Regent Square, Northampton

Phone: 07743149337

Email: beat-the-blues@outlook.com

Nottinghamshire

Sherwood

COPING WITH ANXIETY, SHERWOOD: A friendly group, where people with a range of anxieties can share their experiences and learn methods to help them cope and overcome anxiety. Welcomes people from Nottingham and surrounding areas. The venue has level access, meetings are held on the ground floor and there is a wheelchair-accessible toilet. There is no induction/hearing loop system. £2 charge at meetings towards room hire. Meetings are held 1st and 3rd Tuesday of the month, 7.00pm-9.00pm.

Address: Sherwood Community Centre, Mansfield Road (opposite Woodthorpe Drive), Nottingham, NG5 3FN.

Phone: 0115 962 1153 , c/o Self Help Nottingham's Information Service, Monday-Friday, 9.00am-1.00pm

Email: algodfrey@talktalk.net

London

Barnet

Barnet Self-Help Group: A local self-help group for people living in Barnet who suffer from depression and anxiety

Address: North Finchley

Phone: 0754 118 7907

Email: barnet.depressionalliance@googlemail.com

Website: <http://www.barnetdepressionalliance.org/>

For more details of times and venue please telephone or email

Name – Mental Health Support Group

Description - A peer support group dealing with emotional issues

Address – A venue in High Barnet which is given out once contact with potential attendee has been made

Cost – Contribution

Meeting – Tuesdays 2pm – 3.30pm

Contact – 02089067506

Email – info@bvmh.co.uk

Camberwell

Service User Support Group: A support group for depression and anxiety sufferers. the group meets on the 1st Monday of every month. Please contact us for more information as the venue is subject to change.

Contact: Sylvia or James

Address: The Ortus Learning and Events Centre, at The Maudsley Hospital in Camberwell SE5

Phone: 07904 132 952

Email: jay.tanner@yahoo.co.uk

Islington

Depression Alliance Islington: Meets every other Thursday 7.30pm to 9.30pm The group is an informal discussion group. Topics include experiences of depression and anxiety, what's helped, and issues around getting help. Contributions are £2 or £3 to cover room cost. Address available on request.

Contact: Nick

Phone: 0844 846 6064

Email: daislington@gmail.com

Kensington & Chelsea

The Employment and Well Being Project: For adults living with depression and/or anxiety who are residents of Kensington & Chelsea **or** are registered with an NHS service in the borough. It includes a time bank and a range of fun and uplifting social events.

Contact: Charlotte or Athena

Phone: 07964 376928/ 07976 244589

Email: charlotte@depressionalliance.org **or** athena@depressionalliance.org

New Cross

The Today Group: Meets every Wednesday 7pm-8.30pm. The group is open to people living with depression and anxiety.

Contact: Mohamed

Address: Besson Street Community Garden, Besson Street, London SE14 5QE

Phone: 02077325274

Email: thetodaygroup@outlook.com

Twickenham

Twickenham Depression Alliance: Meets twice a month on 2nd and 4th Wednesday, 7.30pm to 9.00pm. It is very informal and friendly and welcomes both depression and anxiety sufferers. Please contact the facilitators prior to attending the group. They invite a voluntary contribution of £3.00 from attendees towards the running of the Group.

Contact: Alasdair or Lynda

Where: Holy Trinity Church, The Green, Twickenham,

Phone: 07801 240186

Email: allymack123@yahoo.co.uk

Website: <http://www.datwickenham.co.uk/>

For more information and group guidelines see the depression alliance website www.depressionalliance.org

Waterloo

Waterloo Depression Alliance: Group meets the 1st Saturday of every month from 2.15pm to 5.00pm near Waterloo station. There is a mix of people (usually 15-20) who all have or had experience of depression and/or anxiety. There is a minimal charge to cover the rental of the room. Tea, coffee & biscuits are provided. There is a more detailed email we send to anyone interested.

Contact: Liz

Email: waterloo@depressionselfhelp.org

This group is affiliated to Depression Alliance for more information see the website www.depressionalliance.org

West Hampstead

Depression Alliance West Hampstead: Meets on the 1st Wednesday of every month in the evening between 7.30pm and 9.30pm. Please ring for the venue address.

Contact: Nick

Phone: 0844 846 6064

Email: dawesthampstead@gmail.com

East London

Social Anxiety Self-Help (SASH) Groups

Self-help group with facilitation. Open participation (no attendance requirements). SASH groups aim to create a safe space where socially anxious people can meet, share their experiences and spend some constructive time to work through their anxieties and fears. Our group facilitators know social anxiety from personal experience. SASH has been active since 2004.

Location: The Open Centre 188 Old Street. London. EC1V 9FR

Meeting – Mondays 7pm – 9pm

Cost: £8

Website: www.sashgroup.org

Contact – Fleur Melville or Jo-Anne Nighy

Contact email: info@sashgroup.org

Therapies East - Empowering Projects: Self-help group to assist participants deal with emotional issues, such as anxiety, depression, anger, etc. Meetings take place on the first and third Thursday of each month.

Contact: Esther Emanuel

Phone: 0208 262 0471

Email: shg@empoweringprojects.org.uk

Website: www.therapieeast.co.uk

North London

Holloway

Leading Light Support Group: A group for people suffering with some form of social anxiety, shyness or self-esteem issues who want to meet others they can relate to. There is no pressure to talk within the group. This is a safe environment where you can share and explore your feelings and meet people with similar issues.

When: Every tuesday night 7-9,
Contact: Steve Light
Address: 84 Mayton Street, Holloway, London N7 6QT
Phone: 07875 693 379
Website: www.leadinglight.org.uk
Email: info@leadinglight.org.uk

Southgate

OCD support group First Sunday of month, 7-9pm
Contact: Alison
Address: Priory – North London Hospital, The Bourne, Southgate, London N14 6RA
Phone: 0208 958 5332 weekdays 10 – 6pm
Longest going support group – 23 years

Name – Space 2b
Description - A drop-in providing a range of activities for people with mental health issues by people with mental health issues.
Cost – 50p contribution to refreshments
Meeting – 1.30pm-4.30pm Fridays
Address - Hartley Hall (beside St. Michael and All Angels Church,
Flower Lane – off Mill Hill Broadway
Mill Hill, NW7 2JA
Contact - 020 8906 7506
Email -info@bvmh.co.uk

Edgware

Edgware OCD support group Meets at Edgware Community hospital, Fern Oak, Broadway,
Edgware HA8 0AD
Contact: Susan
Phone: 0845 390 6232
OCD action central London.
Helpline: 08453906232

Name – Space 2b
Description - A drop-in providing a range of activities for people with mental health issues by people with mental health issues.
Cost – 50p contribution to refreshments
Meeting - 1.30pm-4.30pm Fridays
Address - Finchley Quaker Meeting House
58 Alexandra Grove
North Finchley
N12 8HG
Contact – 02089067506
Email – info@bvmh.co.uk

West London

12 step OCD anonymous group: OCD support group. Meet every Thursday 7pm in The Parlour of the Hinde Street Methodist Hall, 19 Thayer Street, London, W1V 2QH
Contact: Gary
Address: Hinde Street, Methodist Church, Thayer Street entrance, Central London. Nearest tubes – Bond Street & Oxford Circus.

Phone: 07803 721598
Email: [garylove47@hotmail.com](mailto:garyllove47@hotmail.com)

Hillingdon

Hillingdon OCD Group Support group for people caring for and experiencing those with OCD. We meet on 1st Thursday of the month 7.30-9.30pm At the Pembroke Centre

Contact:

Beryl

Phone: 01895 444804

Address : Pembroke Centre, Pembroke Road, Ruislip Manor, Middlesex.

North

Pickering

Mental Health support group: Drop in group, gardening group, leisure activities, out of hours club Tuesday night or Saturday morning. Held 8am-3pm Monday to Friday. No charge.

Address: Griffin house, 7 church street, Norton, Malton, YO17 9HP

Contact: Mike Dixon

Phone: 01653 690 854

Leeds

Welcome to Anxiety Leeds: We're a self help group for people suffering from anxiety and panic attacks. We meet on a monthly basis for for user led discussions facilitated by a meeting coordinator. Anyone who suffers from or is involved in anxiety-related difficulties is welcome to attend our meetings.

For the latest updates, please join our mailing list. Your email address will remain confidential and you can unsubscribe any time.

Email: info@anxietyleeds.org.uk

Web site: www.anxietyleeds.org.uk

Social Anxiety Sheffield & South Yorkshire (SASSY)

The group is run by sufferers of social anxiety who understand how hard it can be for those with such a condition to overcome the isolation and loneliness inherent therein; however, we are NOT trained therapists, social workers or medical professionals, merely intelligent and passionate people who have had to work hard to overcome our own difficulties and wish to use our experience, skills and understanding to help others overcome theirs.

GROUP DETAILS

<http://www.meetup.com/Sheffield-Social-Anxiety-Support-And-friendship-Group/>

<https://www.facebook.com/SASheffieldSY>

https://twitter.com/SA_Sheff_SYorks

<https://crowdfunding.justgiving.com/SA-Sheffield-South-Yorks>

<https://www.streetlife.com/page/social-anxiety-sheffield-south-yorkshire/>

North East

County Durham

Darlington

Darlington Mood Support Group: Group meets last Wednesday of each month. Please ring beforehand, it is not a drop-in group.

Contact: Darran Faulkner

Address: Darlington MIND

Phone: 01325 283169

Email: contactus@darlingtonmind.com

Website: <http://www.darlingtonmind.org.uk/>

North West

Cheshire

Romiley

Romiley Depression Group: A well established group that has been in existence for 13 years. Meets every Saturday from 10.30 to 12.30 and the evening of the 2nd Tuesday of every month. Depression and anxiety sufferers are welcome

Contact: John or Chris

Address: The Life Centre, 3 Stockport road, Romiley

Phone: 0161 430 1130

Email: romileydepressiongroup@hotmail.com

Website: <http://www.romileydepressiongroup.org/>

Stockport

People like us group Meets 7-9pm on the first and third Monday at Millbrook Centre

Address: Black Lion, Middle Hillgate, Stockport

Contact: Irene Birchenall: 0161 475 0180

Wellbeing and Anger Support Project When: 1st and 3rd Mondays Monthly. Time: 7.30-9pm
Where: The Well Being Centre, Graylaw House, Chestergate, Stockport SK1 1LZ. WASP is a small support group for people experiencing anger or aggression to share their experiences and coping strategies in a safe and welcoming environment. £4.50 entrance fee

Contact: Margaret Hall

Address: 8 Peel Court, Stockport, Cheshire SK2 6PX.

Phone: 07890 909547

Email: margaret@e-motions.org.uk

Website: e-motions.org.uk or <http://angersupport.wordpress.com>

Cumbria

Gosforth

Depression and Anxiety Group: Meets the third Tuesday of every month in the evening from 7.30pm. A small friendly group that welcomes people experiencing depression, anxiety and panic attacks.

Contact: Joan on 01946 725475 or Sheila on 01946 721852

Address: Bradbury House Daycentre

Lancashire

Bolton

OCD group: New Dawn Bolton. Mon evenings (fortnightly basis) 6.30-8.30pm no appointment necessary.

Contact: Anita

Phone: 01204 527200

Address: Hanover House, Hanover Street, Bolton, BL1 4TG

Phone: 01204 527 200

Burnley Open Door Peer Support Group: Join us for a drink and a chat. Meet people who truly understand. We meet every Monday 1 – 3pm

Address: The Fold 2 - 8 Venice Fold, Burnley, BB11 5JX

Contact: Janet 07934314661, Tara 07507845901 or Elaine 07508056302

Burnley

DA Burnley: The group meets every Thursday 7.00pm - 9.00pm. It is an informal group that gives everyone the chance to speak. Welcomes people over the age of 18 who are or have experienced depression, anxiety and bipolar.

Contact: Janet.

Address: The Fernandes Centre, North Street, Burnley

Phone: 07923 478510

Email: broadleyj@hotmail.co.uk

Manchester

Altrincham Anxiety Group: Support group for sufferers of all anxiety disorders, including panic attacks, OCD, social phobia etc. Meets every Monday 1-3pm

Address: St Georges Parish Centre

Contact : Andrea

Phone : 0161 226 3871

Email : communityservices@selfhelpservices.org.uk

Website : www.selfhelpservices.org.uk

Chorlton anxiety group Support group: For sufferers of all anxiety disorders, including panic attacks, OCD, social phobia etc. Meets every Tuesday 7-9pm

Contact: Andrea

Address: Chorlton Methodist Church, Manchester Road, Chorlton, M21 9JG

Phone: 0161 226 3871

Email: communityservices@selfhelpservices.org.uk

Website: www.selfhelpservices.org.uk

Manchester Social phobia/anxiety group: Support group for sufferers of social anxiety and social phobia. Meets every Tuesday from 7-9pm

Contact: Andrea

Address: Kath Locke Centre, 123 Moss Lane West, Hulme, Manchester

Phone: 0161 226 3871

Email: communityservices@selfhelpservices.org.uk

Website: www.selfhelpservices.org.uk

OCD Support Group.

Where: Energise Centre, 3 Douglas Centre, Charlestown, Salford. M6 6ES.

When: 4pm – 5.45pm, 3rd Monday of each month.

Contact: Dawn Smail

Email : dawnrebecca@live.co.uk

Tel : 07449952597

Type: User led.

Zion Anxiety Group Support group for sufferers of all types of anxiety disorders including panic attacks, phobias, OCD, BDD, PTSD, agoraphobia, social anxiety etc. Held at the Zion Centre, 339 Stretford Road, Hulme, Manchester, Wed 1-3pm.

Contact : Andrea

Phone : 0161 226 3871

Email : communityservices@selfhelpservices.org.uk

Website : www.selfhelpservices.org.uk

Wythenshawe Anxiety Group Support Group: For sufferers of all anxiety disorders, including panic attacks, OCD, social phobia etc. Meets every Saturday from 10am-12pm

Contact: Andrea

Address: MacMillian room at Wythenshawe Forum Library, Forum Centre, Forum Square, Wythenshawe, M22 5RX

Phone: 0161 226 3871

Email: communityservices@selfhelpservices.org.uk

Website: www.selfhelpservices.org.uk

Urmston Depression Group: Support group for people living with any form of depression. Meets every Tuesday 1.30 – 3.30pm.

Contact: Andrea

Address: Urmston Library, Room 2, Golden Way, Urmston M41 0NA

Phone: 0161 226 3871

Email: communityservices@selfhelpservices.org.uk

Website: www.selfhelpservices.org.uk

Zion Depression Group: Support group for people living with any form of depression. Meets every Wednesday 3-5pm.

Contact: Andrea

Address: The Zion Centre, 339 Stretford Road, Hulme M15 4ZY

Phone: 0161 226 3871

Email: communityservices@selfhelpservices.org.uk

Website: www.selfhelpservices.org.uk

Harpurhey Depression Group: Support group for people living with any form of depression. Meets every Thursday 1-3pm.

Contact: Andrea

Address: North City Library, Rochdale Road, Harpurhey, Manchester M9 4AF

Phone: 0161 226 3871

Email: communityservices@selfhelpservices.org.uk

Website: www.selfhelpservices.org.uk

Salford

OCD support group meets on the 3rd Monday of every month from 4-5:45pm: The group is for OCD sufferers, their carers, friends and family members.

Contact: Dawn Smail

Address: Room 1 Meeting Room, Energise Centre, 3 Douglas Green, Charlestown, Salford M6 6ES

Phone: 07449 952597

Email: Dawnrebecca@live.co.uk

Website: www.energisecentre.co.uk

Merseyside

Wirral

Wirral Pathfinders Support group Tuesdays 7-9.30pm, Wednesday 11-1pm, Thursday 7-9pm

Contact: Peter Spindler

Phone: 24hour home line: 0151 334 0496. 24 hour Office line: 01513342111

Email: wirralpathfinders.org.uk

Scotland

Edinburgh

Edinburgh Depression Support Group: Group meets alternate Tuesdays 7.00pm to 8.45pm. The group has members who experience anxiety, stress, depression and low mood.

Contact: Hazel

Address: City of Edinburgh Methodist Church, 25 Nicholson Square, Edinburgh, EH8 9BX

Phone: 0131 226 8152

Email: edinburghdepsupportgroup@hotmail.co.uk

For dates contact www.actionondepression.org

Glasgow

Glasgow OCD support group: Group meets 1st Wednesday of the month at 6.30pm.

Contact: Pamela

Address: Charlie Reid Centre Elmbank, Glasgow

Phone: 0141 942 5460

Glasgow Sharing: Group meets alternate Tuesdays 7.00pm to 8.45pm. The group is fairly informal giving everybody the opportunity to speak. All welcome.

Contact: Barbara, Marilyn and Amanda

Address: 38 Elmbank Crescent, Glasgow, G2 4PS

Phone: 0131 226 8152

Email: glasgowsharing@gmail.com

Advisable to check dates at www.actionondepression.org

Clear Mind: Group meets every Tuesday 12.45pm to 2.15pm. Supports people living with anxiety, depression or low mood. Discusses subjects that are of interest to the members, for example, how to deal with anxiety attacks, or tools you can use for a better night's sleep.

Contact: Liz

Address: "The Space", 86, Great Junction Street, Leith, Edinburgh, EH6 5LJ
Phone: 0131 226 8152
Email: clearmind.leith@gmail.com
For dates contact www.actionondepression.org

Ayr Peer Support Group: The Way Forward. Group meets alternate Mondays 7-9pm
Address: Strathyre House, 42 Prestwick Road, Ayr, KA8 8LB
Phone: 0131 226 8152
E-mail: wayforwardayr@gmail.com

West Lothian Self-Help Group: meets first Wednesday of every month from 6.30-8.30pm
Address: Crofthead Farm, Dedridge, Livingston, EH54 6DG
Phone: 0131 226 8152
E-mail: westlothianselfhelp@gmail.com

South East

Berkshire

Reading

Name - Reading OCD Support Group:

Description – This free, friendly user-lead support group welcomes adult sufferers of **OCD** plus carers, friends and family. We meet twice per month to share thoughts on **OCD**, on helpful therapies, and how to get further support.

Meeting – 1st and 3rd Mondays of the month

Time – 7.30pm

Contact: Ross or Tim

Address: Trinity Church, Lower Earley, Reading, RG6 5HZ

Email: readingocd@gmail.com

Windsor Ascot and Maidenhead

Windsor Ascot and Maidenhead Support: Social groups run for people suffering from depression and anxiety. Groups meet most days and one evening per week. Activities are spread over the Windsor Ascot and Maidenhead areas

Contact: Louise Jones

Phone: 07964 376951

Email: Louise@depressionalliance.org

This group is affiliated to depression alliance, for more information visit www.depressionalliance.org or www.friendsinneed.co.uk

Surrey

Epsom

Let's Talk Epsom: The group meet every Wednesday evening 7.30pm to 9.00pm. It welcomes people who are experiencing depression and anxiety. The group often has a relevant topic to discuss and gives individuals the opportunity to share how they are feeling and coping strategies.

Contact : Allen Price

Cost – Free

Address : St Barnabas Church, Temple Road, Epsom

Phone : 07817 471656
Email : allen.price@btinternet.com

Sussex

Brighton and Hove

Brighton and Hove Hope: A free drop-in group that welcomes individuals experiencing anxiety and depression. Group meets every Wednesday evening between 7.30pm and 9.30 pm

Contact : Graham

Address : The Priory Hospital, Brighton and Hove, 14-18 New Church Road

Phone : 07775 742999

Email : brightonhovehope@yahoo.co.uk

Website : <http://depression2peace.wordpress.com/the-brightonhove-depression-alliance-group/>

Hampshire

Odiham

Sunshine and Showers Depression and Anxiety Support: The group runs on Tuesday evening 7.00pm - 8.30pm and on Wednesday afternoon 1.00pm - 2.30pm. **Important** - this is not a drop-in group, please ring the office to arrange a start date. These are small friendly groups of no more than 10 people. Everyone gets change to discuss issues and two group facilitators are present to guide discussion.

Contact: Megan.

Phone: 01252 815652

Email: megan.r@hartvolaction.org.uk

Website: <http://hartvolaction.org.uk/>

Southampton

DA Southampton: Group meets weekly on a Tuesday evening between 7.30pm and 9.30pm. It welcomes people who are experiencing depression or anxiety. Meetings are a weekly 'drop in' that provides a safe and supportive space in which people can be their true self. A space where there is no pressure and where acceptance and encouragement is a matter of course. You can participate as much or as little as you choose. Talk or simply listen.

Cost – free

Contact: Bryan 07545 187188

Address: Unity 12 CIC, 9-19 Rose Road, Southampton, SO14 6TE

Email: dasouthampton@gmail.com

Website: <https://sites.google.com/site/depressionalliancesouthampton/#Living%20with%20depression%20is%20not%20easy%20and%20the%20aims%20of%20the%20group%20are>

Southampton Social Anxiety Support Group: A friendly social anxiety support group that currently meets twice a month in Southampton, Hampshire. New members are always welcome and support is given to those who find attending the first meeting difficult.

Please note, this listing is only for Sasha's group, Anxiety UK can not approve of the 121 therapy services also being offered on her site.

Meeting – Twice monthly on Thursday evenings.

Contact: Sasha Phillips

Address: 45 Burgess Road, Southampton, SO16 7AP

Cost - £8

Phone: 0785 4387635

Email: brighterlife@live.co.uk

Kent

All Saints Depression & Anxiety Support Group: We are a small and friendly group who offer a range of activities and support for people coping with Depression & Anxiety.

Meeting: We meet fortnightly on Tuesdays between 10-12pm

Contact: Kathryn Bassett

Address: Magpie Community Centre in Magpie Hall Road, Chatham Kent. ME4 5NE

Phone: 01634 845419

Essex

Basildon

Sociability: Sociability provides peer support to anyone who endures a mental or chronic health condition, including family, friends and carers. Free to join only asking that each potential member signs up to our code of conduct. We offer social activities including art, hatha yoga, mindfulness, tai chi, seated exercise, bingo, drama, singing for fun, most of our activities are free to take part in, however, we do require a small fee for anything which requires a specialist instructor. User led group.

Meeting: every weekday – activities vary

Contact: Jonathan Barrow

Address: Gordon Hall, Bardfield Road in Vange, Basildon, Essex SS16 4JN

Phone: text 07746-966152

Website: sociabilityonline.org

South West

Cornwall

Cornwall Depression Alliance Support: Group meets once a month in Liskeard. Anxiety sufferers are welcome.

Contact: Duncan

Email: djlittle592@hotmail.com

This group is affiliated to Depression Alliance for more information see the website www.depressionalliance.org

Devon

Exeter

The Exeter Social Anxiety Group: Meeting does not occur every month so please email Neil to confirm before arriving.

Contact: Neil Greening

Phone: 07914 230245

Email: neilgreening@hotmail.com

Exeter Social Anxiety Support group: The group is run as a friendship based peer support group and essentially gives people with SA the chance to meet likeminded people and just be themselves and not feel worried, ashamed or embarrassed by being honest and open about things they are struggling with. At the moment we meet on a monthly basis in the Exeter area.

Contact : Tracey

Telephone : 07738 752700.

Email : socialanxietysupport@live.co.uk

Exeter Depression Alliance: An informal group that accepts depression and anxiety sufferers. Meets the first Tuesday of each month from 6pm to 7.30pm.

Contact : Yvonne

Address: Compass House, 52 Magdalen Road, Exeter.

Email: yvoneduffy26@yahoo.ie

This group is affiliated to Depression Alliance for more information see the website www.depressionalliance.org

Plymouth

Plymouth OCD group: Meets alternate Wednesday from 4:00PM – 5:00PM £2.00 per session

Contact : Anette

Phone : 01752 254004

Email : joeh@plymouthmind.org.uk

Gloucestershire

Cheltenham

YourSpace: A Self-Help Group for anyone who is suffering from Anxiety, Depression or any associated mental health conditions such as OCD, or anything that affects well being like loneliness and isolation.

Meeting - Monday evenings from 7pm to 9pm and the last Thursday of the Month from 10am to 11:30am

Cost – Donation

Contact: Ruth or Ian

Address: Cheltenham Borough Homes Meeting Room. Block 47-51 Barlow Road, Cheltenham. Glos. GL51 0BQ

Email: yourspaceglos@yahoo.co.uk

Website: www.yourspaceglos.weebly.com

Somerset

Weston-Super-Mare

FRIEND Drop-in sessions available Mon and Wed 10-2 & Fri 10-2. The group also offers an advocacy service.

Contact : Linda Hoskins

Address : Community Mental Health Resource Centre, 39 Oxford Street, Weston-Super-Mare

Phone : 01934 622292

Email : mark.ellis@freindcmhrc.com

Bristol

Battle against tranquillisers: Phone 0117 966 3629 between 9-8pm for details.

Contact : Una Corbett

Address : PO Box 658, Bristol, BS99 1XP
Phone : 0117 966 3629

Bristol and District Tranquilliser Project: This group gives help in coming off any mind-altering drugs including tranquillisers, antidepressants, and sleeping pills. The group meets Monday to Thursday, 10-4pm. A helpline is also available.

Contact : Ian Singleton

Address : 88 Henleaze Road, Bristol BS9 4JY

Phone : 0117 962 8874; Admin phone 0117 962 2509. Phone open from: Monday to Thursday, 10-4pm

Social Anxiety West (see website or contact them for more details)

Contact : Nick Hanlon

Address : 35 Old Market Street, Bristol BS2 0EZ

Phone : 01172307735

Email : email@sawest.org

Website : www.sawest.org

Changes is a mental health recovery service and run a peer support groups on a weekly basis

Phone: 01179 411 123

Email: info@changesbristol.org.uk

Website: www.changesbristol.org.uk

Wales

<http://www.journeyonline.org.uk/>

Journeys runs a number of self help groups across Wales. Please contact them for further details

Neath

Anxiety and depression self-help groups: Thursday 1pm-3pm at Neath MIND

Contact: Sharon Richards

Address: Neath MIND, 32 Victoria Gardens, Neath, SA11 3BH

Phone: 01639 64351

Neath Mind Association: Relaxation sessions, anxiety and depression support group, Self harm support group; anger awareness sessions; confidence building; women's support group; men's support group.

aromatherapy.

Contact: Sharon Richards

Address: Ty Croeso, 32 Victoria Gardens, Neath SA11 3BH

Phone: 01639 643510

Email: neathmind@btconnect.com

West Midlands

Midlands

Birmingham

West Midlands Anxiety Recovery Support: A weekly support group that welcomes anyone 18+ who are experiencing anxiety, depression, panic attacks, obsessive compulsive disorders (OCD) or mental health difficulties. Tuesdays 7.30 – 9.30 pm

Contact: Richard

Phone: 07710500891

Address : Elwood Centre, 270 Reservoir Rd, Erdington, Birmingham, B23 6DE

Website: www.wmars.co.uk

Living Hope: Group meets every Wednesday 11.15am to 12.30pm. A relaxed informal group that is child friendly. Anxiety and depression sufferers welcome.

Contact: Gemma

Address: House of Play and Education, 895 Warwick Road, Tyseley B11 2ER

Phone: 0121 439 2330

Email: Hope.gemma@outlook.com

Anxiety and Depression Anonymous group session (ADA) every other Wednesday. The sessions are aimed at sufferers so that they can come together, share experiences and feel less alone.

Contact Siana-Rose Crawford (fellow sufferer and local author)

Alternate Wednesdays as of the 23rd March 2016 11am-12pm

Email: crawford1304@gmail.com

Telephone: 0121 770 8570

Postcode of venue: B37 5DP

Coventry

BDD support group: Contact Justine on the below for more details.

Contact: Justine Lovell

Address: 8 Queen Victoria Road, Coventry CV4 9RX

Phone: 024 7642 2439

Email: justinelovell@bddsupport.org.uk

GP SHARE Coventry Self-Help and Relaxation on Tues and Wed evening, 7.30-9pm. Referral via GP.

Address: Coventry

Phone: 02476 554 468

Further Information

Anxiety UK is a Manchester based charity with a national reach. It was established in 1970 by a person with agoraphobia to help people affected by anxiety disorders.

Anxiety UK works to relieve and support those affected by anxiety disorders by providing information and support via an extensive range of services. We partner with external agencies, healthcare professionals and policy makers to improve service for those living with anxiety disorders. We also campaign to raise awareness of such conditions.

At Anxiety UK we offer a range of services which enables us to support people with stress or mild anxiety through to offering help and assistance to those with more severe, longstanding issues.

National Helpline: 08444 775 774

Our flagship service is our national helpline, staffed by a team of volunteers with personal experience of anxiety. For many people, just speaking to someone who has had similar difficulties and therefore understands can take some of the burden of anxiety away. Our helpline runs from Monday – Friday 9.30am-5.30pm.

Self help solutions

We offer access to self help resources to help give you control over your recovery and to equip you with skills to manage anxiety and stress. www.anxietyuk.org.uk/resources

Membership

You can join Anxiety UK for a modest sum each year. In doing so, you'll obtain access to numerous services including quick access to talking therapies at reduced rates. Our therapies are available in a face to face setting, over the phone and via webcam.

Members also have a access to a range of additional services online including comprehensive information about anxiety disorders, online surgeries and access to our online community. Members can also contact one another through our popular pen-pals scheme.

Being a member also means you are doing your bit to help support us, ensuring we can continue to help others affected by anxiety and stress in the years to come. You can give us a call and find out more on our helpline number 08444 775 774 or visit our website www.anxietyuk.org.uk.