

# **Anxiety-based Self Help & Support Groups**

## **Listings 2020**

**Please note:** All groups listed are independently 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](mailto:helpline@anxietyuk.org.uk).

## Index

East.....	5
Norfolk .....	5
Norwich .....	5
Suffolk .....	5
East Midlands.....	5
Northamptonshire .....	5
Nottinghamshire .....	5
London .....	6
East London.....	6
North London .....	6
South London .....	7
West London .....	7
North .....	7
Leeds .....	7
Yorkshire .....	7
North East .....	8
County Durham.....	8
Newcastle.....	8
North West.....	9
Cheshire .....	9
Lancashire .....	9
Manchester .....	11
Salford .....	12
South East .....	13
Surrey .....	13
Sussex.....	13
Hampshire .....	13
Kent .....	14
South West.....	14
Gloucestershire .....	14
Bristol .....	15
Somerset .....	15
Scotland.....	15

Aberdeen.....	15
Ayr .....	16
Glasgow.....	16
Northern Ireland .....	16
Further Information .....	18

## East

### Norfolk

#### Norwich

##### Way Out Society

**Address:** Vauxhall Centre, Norwich

**Time:** Once a fortnight on a Wednesday, 7.30 – 9.30PM

**Contact:** Norma

**Phone:** 01603628792

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

### Suffolk

#### Ipswich

**Ipswich Anxiety and OCD Support:** A support/social group for adults with anxiety disorders and phobias, panic attacks and depression. There are also various social events that group members are welcome to attend. They ask for a £2 donation to help cover costs.

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

**Time:** The second and fourth Monday of each month 6.30pm – 9.30pm (excluding bank holidays).

**Email:** [yourpartyportraits@gmail.com](mailto:yourpartyportraits@gmail.com)

## East Midlands

### Northamptonshire

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

**Address:** MIND, Anchor House, Regent Square, Northampton

**Time:** Meetings are held on alternate months, between 7pm and 9pm

**Contact:** Julia Fisher

**Phone:** 07743149337

**Email:** [beat-the-blues@outlook.com](mailto: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. £2.50 charge at meetings towards room hire.

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

**Time:** 1st and 3rd Tuesday of the month, 7.00pm-9.00pm.

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

**Email:** [sharonebaker4@gmail.com](mailto:sharonebaker4@gmail.com)

### Together We Can

**Address:** Rhubarb Farm, Langwith, NG20 9DR

**Time:** Every Tuesday 10.30am-12.30pm

**Phone:** 01623 741210

**Email:** [enquiries@rhubarbfarm.co.uk](mailto:enquiries@rhubarbfarm.co.uk)

### lkeston Borderline Personality Support Group

A friendly, informal and confidential space for those affected by Bordeline Personality Disorder to meet, find information and most importantly to support each other.

**Time:** The first Monday of each month between 1-3pm.

**Email:** [derbyshireborderlinepd@gmail.com](mailto:derbyshireborderlinepd@gmail.com)

**Phone:** 07597644558

## London

### Waterloo

**Waterloo Depression/Anxiety Support Group:** There is a mix of people (usually 8-12) 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. Please email for further information.

**Time:** First Saturday of every month from 2.15pm - 5.00pm

**Contact:** Liz

**Email:** [waterloo@depressionselfhelp.org](mailto:waterloo@depressionselfhelp.org)

### East London

**Therapies East - Empowering Projects:** Self-help group to assist participants deal with emotional issues, such as anxiety, depression, anger, etc.

**Time:** Meetings take place on the first and third Thursday of each month.

**Contact:** Esther Emanuel

**Phone:** 0208 262 0471

**Email:** [shg@empoweringprojects.org.uk](mailto:shg@empoweringprojects.org.uk)

### North London

#### Barnet

**Barnet Self-Help Group:** A local self-help group for people suffering from depression or depression with anxiety. Please note the group regrets they cannot support people whose only problem is anxiety.

**Address:** High Barnet

**Phone:** 0754 118 7907

**Email:** [barnet.depressionalliance@gmail.com](mailto:barnet.depressionalliance@gmail.com)

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

For more details of times and venue please telephone or email

#### North London Anxiety Support Group

**Address:** St. Andrews Church - Chase Side, Southgate, London N14 5PP

**Time:** Second Sunday of every month 7-9pm

Free to attend with refreshments provided

**Contact:** [alexander.lewis@live.co.uk](mailto:alexander.lewis@live.co.uk)

**Mental Health Support Group:** The group gives you the opportunity to share how you feel with others who can understand because they have had their own experience of mental health issues and/or distress.

**Address:** The group is held in the Patient Information Room, just past reception in Finchley Memorial Hospital, Granville Road, N12 0JE (free parking)

**Time:** Tuesdays 2pm – 3.30pm

**Contact:** 02034751307

**Email:** [bvmh@inclusionbarnet.org.uk](mailto:bvmh@inclusionbarnet.org.uk)

## South London

### Southwark

#### Southwark and Lambeth Anxiety and Depression Peer Support Group

For Southwark and Lambeth residents or those working, studying, or accessing a medical service in Southwark. **Address:** 336 Brixton Road, London, SW9 7AA

**Time:** Wednesdays but 6pm to 7:30pm.

**Phone:** 07594 848 351.

**Email:** [peersupport@lambethandsouthwarkmind.org.uk](mailto:peersupport@lambethandsouthwarkmind.org.uk)

**Website:** [lambethandsouthwarkmind.org.uk](http://lambethandsouthwarkmind.org.uk)

## West London

**12 step OCD anonymous group:** OCD support group.

**Address:** The Parlour of the Hinde Street Methodist Hall, 19 Thayer Street, London, W1V 2QH

**Time:** Thursdays at 7PM

**Contact:** Gary

**Phone:** 07803 721598

**Email:** [garyllove47@hotmail.com](mailto:garyllove47@hotmail.com)

## North

### Leeds

#### Leeds

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

For the latest updates, please join their mailing list

**Email:** [info@anxietyleeds.org.uk](mailto:info@anxietyleeds.org.uk)

**Website:** [www.anxietyleeds.org.uk](http://www.anxietyleeds.org.uk)

## Yorkshire

### Batley

**PeerTalk support group:** Offering weekly peer support to people living with depression, the group is facilitated by two trained volunteers, providing a safe space for people to share, and to be heard, without judgement. During these meetings those present can offer each other acceptance, coping skills and encouragement. No referral, or need to register, call in and a warm welcome awaits

**Address:** The Community Room, All Saints Church, Stocks Lane, Batley, WF17 5ED

**Time:** Wednesday afternoons 1.30 – 3.00pm

**Email:** [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)

**Website:** [www.peertalk.org.uk](http://www.peertalk.org.uk)

**Phone:** 07719 562617

## Bradford

**PeerTalk Support Group:** offering weekly peer support to people living with depression, the group is facilitated by two trained volunteers, providing a safe space for people to share, and to be heard, without judgement. During these meetings those present can offer each other acceptance, coping skills and encouragement.

No referral, or need to register, call in and a warm welcome awaits

**Address:** Aldersgate Methodist Church, Common Road, Low Moor, Bradford, BD12 0TW

**Time:** Thursday evenings 7.30 - 9.00pm

Email: [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)

Website: [www.peertalk.org.uk](http://www.peertalk.org.uk)

Phone: 07719 562617

### Bradford Depression Support Group

**Address:** St. Oswald's West End Centre, St Oswald's Church, Christopher St. St Little Norton, Bradford BD5 9DH

**Time:** Thursdays 10-11.30am

Email: [fran.westend@outlook.com](mailto:fran.westend@outlook.com)

Phone: 07539 204492

## Craven

**PeerTalk support group:** offering weekly peer support to people living with depression, the group is facilitated by two trained volunteers, providing a safe space for people to share, and to be heard, without judgement. During these meetings those present can offer each other acceptance, coping skills and encouragement.

**Address:** The Folly Café, Victoria Street, Settle BD24 9EY

**Time:** Every Tuesday, 7.30pm – 9pm.

Email: [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)

Website: [www.peertalk.org.uk](http://www.peertalk.org.uk)

Phone: 07719 562617

# 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.

**Address:** Darlington Mind, St Hilda's House, 11 Borough Road, Darlington, DL1 1SQ.

**Contact:** Darran Faulkner

**Phone:** 01325 283169

Email: [contactus@darlingtonmind.com](mailto:contactus@darlingtonmind.com)

Website: <http://www.darlingtonmind.com>

## Newcastle

### Newcastle-upon-Tyne

**PeerTalk support group:** offering weekly peer support to people living with depression, the group is facilitated by two trained volunteers, providing a safe space for people to share, and to be heard, without judgement. During these meetings those present can offer each other acceptance, coping skills and encouragement. No referral, or need to register, call in and a warm welcome awaits

Email: [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)

Website: [www.peertalk.org.uk](http://www.peertalk.org.uk)

Phone: 07719 562617

**Address:** Bensham Grove Community Centre, Sidney Grove, Bensham, Gateshead, NE8 2XD

**Time:** Every Thursday evening

**Address:** Whitley Bay Big Local, 158 Whitley Road, Whitley Bay NE26 2LY



**Time:** Every Wednesday evening.

#### **The Connect Group**

Open to anyone affected by depression. They provide a safe and welcoming space to make new friends and help combat isolation and loneliness of depression.

**Address:** Headlight, 14 Mary Street, Sunderland, Tyne and Wear SR1 3NH

**Contact:** Beth

**Phone:** 0191 5101494

**Email:** Sunderland.headlight@hotmail.co.uk

## North West

### Cheshire

#### **Chester**

##### **Chester Rethink Support Group**

Support for those with mental health issues and a place to share experiences, information, socialise and make friends.

**Time:** Every Monday 10-3, plus 3-8 on the third Monday of each month.

**Phone:** 07922 670521

**Email:** [chestersupportgroup@rethink.org](mailto:chestersupportgroup@rethink.org)

*The Mount, Chester CH3 5UD, UK*

##### **Rethink Chester Anxiety and Depression Group**

**Time:** Every Wednesday 6.30-8.30pm

**Address:** Northgate Locks Resource Centre, Canal Street, Chester,

**Contact:** [chestersupportgroup@rethink.org](mailto:chestersupportgroup@rethink.org)

**Phone:** 07922 670521

#### **Warrington**

**PeerTalk support group:** offering weekly peer support to people living with depression, the group is facilitated by two trained volunteers, providing a safe space for people to share, and to be heard, without judgement. During these meetings those present can offer each other acceptance, coping skills and encouragement.

No referral, or need to register, call in and a warm welcome awaits

**Address:** The Gateway, 89 Sankey Street, Warrington, WA1 1SR

**Time:** Monday evenings, 7 - 8.30pm

**Email:** [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)

**Website:** [www.peertalk.org.uk](http://www.peertalk.org.uk)

**Phone:** 07719 562617

#### **Crewe**

##### **Bipolar UK Self-help Group Network**

A range of services to enable people affected by bipolar and associated illnesses.

**Email:** [supportgroups@bipolaruk.org](mailto:supportgroups@bipolaruk.org)

**Phone:** 0333 323 3880

**Website:** [www.bipolaruk.org](http://www.bipolaruk.org)

### Lancashire

#### **Blackpool**

##### **HUGS (Help, understanding and group support) Mental Health Support Group**

**Address:** Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ

**Phone:** 01253 393748

**Email:** [Carla.talbott@blackpoolcarers.org](mailto:Carla.talbott@blackpoolcarers.org)

**Website:** blackpoolinspirations.wordpress.com

**Address:** Newton Drive, Blackpool FY3 8LZ

#### **Blackpool Inspirations**

**Address:** 18 Adelaide St W, Blackpool FY1 4SR

**Email:** [Blackpoolinspirations@gmail.com](mailto:Blackpoolinspirations@gmail.com)

**Website:** blackpoolinspirations@WordPress.com

#### **Burnley**

**MIND Burnley:** An informal group that gives everyone the chance to speak. Welcomes people with mild to moderate depression and people who are bipolar.

**Address:** Sainsbury's, Active Way, Burnley BB11 1BS

**Time:** Every Thursday, 7.15 – 9 PM

**Contact:** Janet Broadley

**Phone:** 07923 478510

**Email:** [broadleyj@hotmail.co.uk](mailto:broadleyj@hotmail.co.uk)

#### **Lancaster**

##### **Exhale**

A peer to peer support group for anxiety

**Address:** The Storey Institute, Lancaster LA1 1TH

**Contact:** Lisa

**Email:** [lisa.bornequal@gmail.com](mailto:lisa.bornequal@gmail.com)

**Website:** facebook.com/exhaleatthestorey

##### **Socialease**

This is for people who might be socially isolated as a result of mental health and other life challenges. The Socialease groups run in public cafes, providing people with a safe space to come out of the house to be with others who understand and have been through similar situations.

**Address:** Cornerstone Café, Sulyard street Lancaster

**Time:** Wednesday 2-4pm

**Email:** propupproject@gmail.com

#### **Morecombe**

**The Prop Up Project:** The Prop up Project is a new group, running in Morecambe, Lancashire, for young people 13+ going through life challenges. The group aims to improve mental health & wellbeing through creative activities, in a non-judgemental, friendly environment. We encourage the group to come together and get involved at a pace that's right for them.

**When:** Thursdays 6-8pm

**Email:** [propupproject@gmail.com](mailto:propupproject@gmail.com)

**Phone:** 07568937988

##### **Carnforth Group for Young people**

A support group for young people aged 13-19

**Time:** 5.30-7.30pm on Tuesday

**Where:** Salvation Army, Back Market Street Carnforth LA5 9BY

**Contact:** propupproject@gmail.com

##### **Socialease**

This is for people who might be socially isolated as a result of mental health and other life challenges. The Socialease groups run in public cafes, providing people with a safe space to come out of the house to be with others who understand and have been through similar situations.

**Address:** Brew me sunshine Victoria street Morecambe

**Time:** Tuesday 10am-12pm

**Email** [propupproject@gmail.com](mailto:propupproject@gmail.com)

## Preston

**PeerTalk support group:** offering weekly peer support to people living with depression, the group is facilitated by two trained volunteers, providing a safe space for people to share, and to be heard, without judgement. During these meetings those present can offer each other acceptance, coping skills and encouragement.

No referral, or need to register, call in and a warm welcome awaits

**Address:** Central Methodist Church, Lune Street, Preston, PR1 2NL

**Time:** Thursday evenings, 7.30 - 9.00pm

Email: [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)

Website: [www.peertalk.org.uk](http://www.peertalk.org.uk)

Phone: 07719 562617

## Manchester

### Altrincham

**Altrincham Anxiety Group:** Support group for sufferers of all anxiety disorders, including panic attacks, OCD, social phobia etc.

**Address:** Altrincham Methodist Church, Barrington Road, Altrincham WA14 1HF

**Time:** Every Monday 12-4pm

**Phone :** 0161 226 3871

**Email :** [pws.manchester@selfhelpservices.org.uk](mailto:pws.manchester@selfhelpservices.org.uk)

**Website :** [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

### The Life Support Group Bolton

Meetings offer a chat and a chance to support each other, no longer feel alone and make new friends. Members can take off their 'mask' without fear of being judged. No cost to attend but a small donation welcome towards room costs.

**Address:** St. Matthews Church Hall, Market Street, Little Lever, Bolton BL3 1HH

**Time:** Wednesdays 7.30pm

**Phone:** 07964834836

**Email:** [lsgroup.littlelever@gmail.com](mailto:lsgroup.littlelever@gmail.com)

### Chorlton

**Chorlton Anxiety Group Support Group:** For sufferers of all anxiety disorders, including panic attacks, OCD, social phobia etc.

Contact: Andrea

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

**Time:** Meets every Tuesday 7-9pm

**Phone:** 0161 226 3871

**Email:** [pws.manchester@selfhelpservices.org.uk](mailto:pws.manchester@selfhelpservices.org.uk)

**Website:** [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

### Harpurhey

**Harpurhey Depression Group:** Support group for people living with any form of depression.

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

**Time:** Every Thursday 1 - 3PM

**Contact:** Andrea

**Phone:** 0161 226 3871

**Email:** [pws.manchester@selfhelpservices.org.uk](mailto:pws.manchester@selfhelpservices.org.uk)

**Website:** [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

## Hulme

**Manchester Social Phobia/Anxiety Group:** Support group for sufferers of social anxiety and social phobia.

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

**Time:** Meets every Tuesday from 7-9pm

**Phone:** 0161 226 3871

**Email:** [pws.manchester@selfhelpservices.org.uk](mailto:pws.manchester@selfhelpservices.org.uk)

**Website:** [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

**Zion Anxiety Group** Support group for sufferers of all types of anxiety disorders including panic attacks, phobias, OCD, BDD, PTSD, agoraphobia, social anxiety etc.

**Address:** Zion Centre, 339 Stretford Road, Hulme, Manchester

**Time:** Wednesdays 1-3pm.

**Phone:** 0161 226 3871

**Email:** [pws.manchester@selfhelpservices.org.uk](mailto:pws.manchester@selfhelpservices.org.uk)

**Website :** [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

**Zion Depression Group:** Support group for people living with any form of depression.

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

**Time:** Wednesdays 3-5pm.

**Phone:** 0161 226 3871

**Email:** [pws.manchester@selfhelpservices.org.uk](mailto:pws.manchester@selfhelpservices.org.uk)

**Website:** [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

**Urmston Depression Group:** Support group for people living with any form of depression.

**Address:** St. Clements Church Parish Hall, Manor Ave, Urmston, M41 9HH

**Time:** Meets every Tuesday 12.15pm-2.15pm

**Phone:** 0161 226 3871

**Email:** [pws.manchester@selfhelpservices.org.uk](mailto:pws.manchester@selfhelpservices.org.uk)

**Website:** [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

## Wythenshawe

**Wythenshawe Anxiety Group Support Group:** For sufferers of all anxiety disorders, including panic attacks, OCD, social phobia etc.

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

**Time:** Meets every Saturday from 10am-12pm

**Phone:** 0161 226 3871

**Email:** [pws.manchester@selfhelpservices.org.uk](mailto:pws.manchester@selfhelpservices.org.uk)

**Website:** [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

## Salford

### Manshed

This is a mens only meeting where men can meet to talk about various issues. We have a core team of 4 people who have life experiences of depression, anxiety, bipolar and drug and alcohol use.

**Time:** Every Monday 7pm-9pm

**Address:** St Paul's Church, Monton, Salford

**Contact:** [ukjemerson@gmail.com](mailto:ukjemerson@gmail.com)

## South East

### Surrey

#### Leatherhead

##### **Mary Frances Trust (various groups)**

**Address:** The Crescent Centre, 23 The Crescent , Leatherhead, Surrey , KT22 8DY

**Phone:** 01372 375400

**Email:** [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

Please contact to receive details of all weekly groups available

#### Guildford

**PeerTalk support group:** Offering weekly peer support to people living with depression, the group is facilitated by two trained volunteers, providing a safe space for people to share, and to be heard, without judgement. During these meetings those present can offer each other acceptance, coping skills and encouragement. No referral, or need to register, call in and a warm welcome awaits.

**Address:** The Spike Community Centre, (next to St Luke's Surgery and St Luke's Square), Warren Road, Guildford, GU1 3JH

**Time:** Wednesday evenings 7.30 - 9.00pm

**Email:** [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)

**Website:** [www.peertalk.org.uk](http://www.peertalk.org.uk)

**Phone:** 07719 562617

### Sussex

##### **Richmond Fellowship Chichester OCD Support Group**

A peer led support group for people with diagnosed OCD.

**Address:** Chichester Boys Club 34a Little London Chichester PO19 1PL

**Phone:** 01243 780420

**Email:** [Michael.Bennett@RichmondFellowship.org.uk](mailto:Michael.Bennett@RichmondFellowship.org.uk)

**Website:** [richmondfellowship.org.uk](http://richmondfellowship.org.uk)

### Hampshire

#### Odiham

**Sunshine and Showers Depression and Anxiety Support:** 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. Important - this is not a drop-in group, please ring the office to arrange a start date.

**Time:** The group runs on Tuesday evening 7.00pm - 8.30pm and on Wednesday afternoon 1.00pm - 2.30pm.

**Contact:** Rebecca

**Phone:** 01252 815652

**Email:** [121@hartvolaction.org.uk](mailto:121@hartvolaction.org.uk)

**Website:** [www.hartvolaction.org.uk](http://www.hartvolaction.org.uk)

#### Southampton

#### Winchester

##### **Winchester Eating Disorder Peer Support**

A group for family and friends (18+) of anyone (child or adult) with an eating disorder. Share information, experiences, concerns and explore ways of coping.

**Address:** Trinity Winchester, Bradbury House Durngate Winchester SO23 8DX  
**Phone:** 07900 490609  
**Email:** [ed.carers@trinitywinchester.org.uk](mailto:ed.carers@trinitywinchester.org.uk)

## Portsmouth

### Portsmouth OCD Support Group

The group provides informal but structured meetings where people affected can talk to others in a friendly, non-judgmental way. It does not offer specific therapy or professional guidance, but is an opportunity to share thoughts, ideas and strategies, and to provide mutual support. The group is open to people who have (or think they might have) OCD or a related disorder, their family members and their friends. Anyone 18 or over who meets these criteria is welcome (but please contact us about under 18s as we may still be able to help)

**Address:** Cosham Community Centre, Wootton Street, Portsmouth PO6 3AP

**Phone:** 07976 726803

**Email:** [stephen.hosking@btinternet.com](mailto:stephen.hosking@btinternet.com)

**Website:** <https://www.ocdaction.org.uk/node/5678>

## Kent

### One Step Further

For people with anxiety and depression, free to attend and can also be found on Facebook.

**Time:** The last Tuesday of every month 9.30-11.30am

**Address:** Café Revival, The Horsebridge, Whistable

### Ashford Peer Support

SpeakUpCIC supports people with lived experience of mental ill health through peer support and forums.

**Address:** The Media Centre, 11-13 King Street, Margate, Kent, CT9 1DA

**Phone:** 01843 448 384

**Email:** [amanda@speakupcic.co.uk](mailto:amanda@speakupcic.co.uk)

**Website:** [speakupcic.co.uk](http://speakupcic.co.uk)

## South West

### Gloucestershire

#### Cheltenham

##### YourSpace

A Peer Led Friendship Support Group for adults 16+ who are experiencing anxiety, depression or any associated mental health conditions such as OCD, or anything that affects well-being like loneliness and isolation.

**Address:** Sainsbury's Cafe on the Gallagher Retail Park Tewkesbury Road Cheltenham Glos GL52 9RR

**Time:** last Monday of every month 7:00 to 9pm

**Cost:** Donation

**Contact:** Ruth

**Email:** [yourspaceglos@yahoo.co.uk](mailto:yourspaceglos@yahoo.co.uk)

**Website:** [yourspaceglos.weebly.com](http://yourspaceglos.weebly.com)

##### YourSpace

A Peer Led Friendship Support Group for adults 16+ who are experiencing anxiety, depression or any associated mental health conditions such as OCD, or anything that affects well-being like loneliness and isolation.

**Address:** Oakley Community Resource Centre. 113A Clyde Crescent Cheltenham Glos GL52 5QJ

**Time:** The second Monday of every month 7.30pm to 9.30pm

**Cost:** Donation

**Contact:** Ruth

**Email:** [yourspaceglos@yahoo.co.uk](mailto:yourspaceglos@yahoo.co.uk)

**Website:** [yourspaceglos.weebly.com](http://yourspaceglos.weebly.com)

## Cirencester

**Positive Clarity Support Group:** Our aim is to provide a safe and supportive space for sufferers of anxiety and stress, panic attacks, low esteem and loss of confidence. Where people can meet and be heard without judgement and share how they feel. (Although there is no pressure to talk) we are there to support you and give a sense of inner strength and that someone cares. You are not alone.

**Address:** The Bothy, Ashcroft Road, Cirencester opposite the Methodist Church.

**Time:** We meet on the fourth Wednesday of the month 7.00-9.00pm

**Contact:** Dulcie James

**Email:** 07964290933

## Bristol

### Social Anxiety Bristol

**Time:** 7pm, on the first and third Thursday of every month

**Address:** Bristol Mind, 35 Old Market Street, Bristol, BS2 0EZ

**Contact:** [socialanxietycommittee@outlook.com](mailto:socialanxietycommittee@outlook.com)

**Website:** <http://socialanxietybristol.org.uk/>

**Changes Bristol** is a mental health charity that runs 12 peer support meetings across Bristol, at the same time and place each week.

**Phone:** 01179 411 123

**Email:** [info@changesbristol.org.uk](mailto:info@changesbristol.org.uk)

**Website:** [www.changesbristol.org.uk](http://www.changesbristol.org.uk)

## Somerset

### Clear Rising

We are Clear Rising; a wellbeing service based in central Somerset.

The type of groups we offer are psychoeducation. The topics we have run includes anxiety management, low mood, assertiveness, boundaries and many more. We also provide 1-2-1 counselling, and all this is done for a donation only.

**Website:** [www.clearrising.com](http://www.clearrising.com)

**Email:** [info@clearrising.com](mailto:info@clearrising.com)

**Phone number:** 07739 761 435

## Scotland

### Aberdeen

#### Westhill Buddies

The group offers a safe and open environment where people can share their experiences and the challenges they may face.

**Time:** Every Three Weeks

**Contact:** Rhona Stewart

**Phone:** 01224 742351

**Email:** [rhona.stewart@aol.com](mailto:rhona.stewart@aol.com)

**Address:** Westhill AB32 6FY

#### Y Suffer in Silence

**Address:** Thomas Walker Hospital, 112 Charlotte Street, Fraserburgh, Aberdeenshire AB43 9LS

**Time:** The group meets Friday and Monday evenings from 6.00pm-7.30pm. Telephone support is available on Fridays and Mondays 6.00pm-9.30pm. Person-Centred Counselling is also offered by appointment.

**Phone:** 01346 378030/ 378220

**Email:** [info@ysufferinsilence.org.uk](mailto:info@ysufferinsilence.org.uk)

**Website:** [ysufferinsilence.org.uk](http://ysufferinsilence.org.uk)

## Ayr

### **Mental Health Support Group**

Peer to peer support group for people with mental health problems such as anxiety

**Time:** Every Tuesday 6.30pm-8.30pm

**Phone:** 07470849708

**Contact:** Rosie

**Location:** Kings Street Church, Kirkwall, Orkney

### **Women in Self Help and Emotional Support (WISHES)**

The group is for women with emotional and / or mental health difficulties who would benefit from meeting other women like themselves in a relaxed and informal setting. The group is free to attend. Donations accepted for tea/coffee. To keep the group feeling safe and confidential, we keep the number of women limited. To check if there is a space available in the group or go on the waiting list, please email or text first.

**Time:** Thursdays – 1pm-3pm

**Contact:** Joan

**Phone:** 07867583194

**Address:** Nicolson St, Edinburgh EH8 9ER

**Email:** [wisheswomensgroup@gmail.com](mailto:wisheswomensgroup@gmail.com)

## Glasgow

### **Time Out Scotland**

**Address:** GCVS, The Albany Centre, 44 Ashley Street, Glasgow G3 6DS

**Time:** Every Wednesday at 7.30pm

**Email:** [info@timeoutscotland.org.uk](mailto:info@timeoutscotland.org.uk)

## Northern Ireland

### **AWARE Coleraine Depression Support Group**

**Address:** Lodge Hotel, Lodge Road Coleraine BT52 1NF

**Time:** Fortnightly, Tuesdays 7.30PM

**Phone:** 028 7126 0602

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

### **AWARE Derry/Londonderry Depression Support Groups**

**Address:** 15 Queen Street Derry BT48 7EQ

**Time:** Tuesdays 7.30PM, Thursdays 11AM

**Phone:** 028 7126 0602

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

### **AWARE Strabane Depression Support Group**

**Address:** 1 Railway Road, Strabane Library Strabane BT82 8EF

**Time:** Fortnightly, Thursdays, 6:30pm

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

### **AWARE Magherafelt Depression Support Group**

**Address:** 60 Hospital Road Magherafelt BT45 5ES

**Time:** Fortnightly, Thursdays 7PM

**Phone:** 028 7126 0602

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

### **AWARE Carrickfergus Depression Support Group**



**Address:** 31 Lancasterian Street, Carrickfergus, Carrickfergus BT38 7A

**Time:** Fortnightly Thursdays, 6.30PM

**Phone:** 028 9035 7820

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**AWARE Omagh Depression Support Group**

**Address:** Skeboy House, 1 Campsie Place Omagh Tyrone BT79 0FD

**Time:** Tuesdays, 6.45PM

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**AWARE Cookstown Depression Support Group**

**Address:** Woodlands Beacon Centre (48c Molesworth Street Cookstown) Cookstown BT80 8PA

**Time:** Fortnightly, Wednesdays, 7PM

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**AWARE Craigavon Depression Support Group**

**Address:** Brownlow Hub Craigavon Armagh BT65 5DL

**Time:** Fortnightly, Tuesdays, 7.30PM

**Phone:** 028 9035 7820

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**Lisburn AWARE Depression Support Group**

**Address:** 50 Railway Street Lisburn BT28 1XP

**Time:** Thursdays, 7.30PM

**Phone:** 028 9035 7820

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**Bangor AWARE Depression Support Group**

**Address:** North Down Community Resource Centre Bangor BT20 4TF

**Time:** Fortnightly, Wednesdays at 7PM

**Phone:** 028 7126 0602

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**Enniskillen AWARE Depression Support Group**

**Address:** The Aisling Centre, Darling Street Enniskillen BT74 7DP

**Time:** Fortnightly, Tuesdays 7.30PM

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**Newry AWARE Depression Support Group**

**Address:** Ballybot House, 28 Cornmarket Newry Down BT35 8BG

**Time:** Wednesday 7.30PM

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**Newcastle AWARE Depression Support Group**

**Address:** Newcastle Centre, 10-14 Central Promenade Newcastle Down BT33 0AA

**Time:** Thursdays, 7.30PM

**Phone:** 028 4372 5034

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**Belfast OCD Support Group**

The Belfast OCD Support Group is open to anyone affected by Obsessive-Compulsive Disorder, be they sufferers, family members or friends. We provide an informal meeting where people affected by OCD can talk to others in a friendly, understanding and non-judgmental way.

**Address:** Belfast Central Library (In the Private Meeting Room), Royal Avenue, Belfast, BT1 1EA

**Time:** Second Thursday of each month, 6:30pm - 7:45pm, please see website: <https://www.ocduk.org/support-groups/belfast/> as times may vary

**Contact:** Laura

**Email:** [belfast@ocduk.org](mailto:belfast@ocduk.org)

**Belfast East AWARE Depression Support Group**

**Address:** Holywood Arches Health Centre Belfast BT4 1NS

**Time:** Tuesdays at 7pm

**Phone:** 028 9035 7820

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**Belfast North AWARE Depression Support Group**

**Address:** 40-44 Duncairn Gardens Belfast BT15 2GG

**Time:** Tuesdays 10.30AM, Thursdays, 6.30PM

**Phone:** 028 9035 7820

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**Belfast West AWARE Depression Support Group**

**Address:** St Mary's College 49 Falls Road Belfast BT12 4PD

**Time:** Thursdays, 6.30PM

**Phone:** 028 9035 7820

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**Belfast South AWARE Depression Support Group**

**Address:** Bradbury Centre 1 - 17 Lisburn Road Belfast

**Time:** Fortnightly, Tuesdays, 6.45PM

**Phone:** 028 9035 7820

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

**Newtownards AWARE Depression Support Group**

**Address:** Londonderry Park. Portaferry Rd, Newtownards BT23 8SG

**Time:** Fortnightly, Thursdays 7 PM

**Phone:** 028 9035 7820

**Email:** [info@aware-ni.org](mailto:info@aware-ni.org)

## 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.

We work to relieve and support those affected by anxiety disorders by providing information and support via an extensive range of services. 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. We also 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.

**National Infoline: 03444 775 774**

Our flagship service is our national infoline, 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](http://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 including specialist helplines and an online message board to connect with others to share experiences of anxiety.

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 03444 775 774 or visit our website [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk).