

Anxiety-based Self Help & Support Groups

Listings 2021

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.

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East Midlands

Northamptonshire

Northamptonshire Depression Support: is a user led (run by sufferers for sufferers) self help support group. It is open to sufferers of depression and anxiety including OCD, panic disorder and phobias.

Meetings: Due to Covid 19, we are unable to have indoor meetings at this present time, however we are still offering socially distanced, outdoor meet ups (with limited numbers) in a park or similar outdoor setting. There is no charge to attend meetings (when these do eventually commence) or to attend outdoor meet ups.

If you would like to learn more about the group and its aims, please contact Julia on the contact details below, for more information.

Contact: Julia Fisher Group Facilitator

Phone/Text : 07743149337

Email: beat-the-blues@outlook.com

Facebook: <https://www.facebook.com/Northamptonshire-Depression-Support-769506183074345>

Nottinghamshire

Sherwood

Anxiety Management Group, 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 for room hire. **(Sessions are currently running free of charge via zoom due to Covid-19).**

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: anxietymanagementnottm@gmail.com

London

Waterloo

Waterloo Depression/Anxiety Self Help 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. **We are meeting monthly via Zoom at the moment and would be open to new members.**

Time: First Saturday of every month from 2.05pm - 5.00pm

Contact: Liz

Email: waterloo@depressionselfhelp.org

East London

East London Anxiety Support: This is a self-help group to assist participants in dealing with anxiety.

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

Contact: Esther Emanuel

Phone: 07305 783827

Email: estheremanuel.therapies@gmail.com

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. **Face to face groups are currently on hold however, we continue to meet online every fortnight via Zoom, and we continue to welcome newcomers.**

All these details are on our website.

Address: High Barnet

Phone: 0754 118 7907

Email: 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: Welcome to the London Anxiety Support Group is user led to offer people a safe listening space in which to discuss any form of anxiety they may have or suffer with. We do not provide therapy or medical advice, but we are all there to support each other, share stories, tips and provide mutual support while feeling less alone. The group is free and we also have a WhatsApp group too. We sometimes have guest speakers to help us along our journey to recovery. **Due to the current Covid-19 situation, we're currently meeting online - on the 2nd and 4th Sunday of every month at 7pm. As soon as is possible, we'll go back to meeting in person also. Please feel free to get in contact with any questions you may have, all are welcome.**

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

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 virtually on Zoom – log-in details provided on request.

Time: Tuesdays 1pm – 2.30pm

Contact: 02034751314

Email: bvmh@inclusionbarnet.org.uk

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. **Meetings are currently on hold due to Covid-19.**

For the latest updates, please join their mailing list

Email: info@anxietyleeds.org.uk

Website: 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

Website: 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

Website: www.peertalk.org.uk

Phone: 07719 562617

Bradford Depression Support Group

The group is currently running online, but we will return to face to face group as soon as circumstances safely allow.

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

Phone: 07743 687053

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 Staincliffe Suite, Skipton Council Offices, Belle Vue Square, Broughton Road, Skipton, BD23 1FJ

Time: It meets every Monday, 7.30 – 9pm

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Phone: 07719 562617

North East

County Durham

Darlington

Darlington Mood Support Group: Providing support right across, Darlington, South Durham, Hambleton and Richmondshire. Here at Darlington Mind, we have a range of services and a great team who will listen to you and support you. From welfare & befriending service, counselling, therapeutic activity groups (including; mental health awareness courses, computer training, arts & crafts, supported living & accommodation, gardening, walking & exercise and a mood support group). We have services available for young people and adults alike (a full list of support services is available on our website). Whatever support you choose, we are here to help you in a confidentially and non-judgemental way. Please contact us for more information or to arrange your desired option for support (they are not drop in groups). Group meets last Wednesday of each month.

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

Contact: Darran Faulkner

Contact our friendly reception team on: Mobile: 07572 888084 or Tel: 01325 283169

Email: 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

Website: www.peertalk.org.uk

Phone: 07719 562617

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

Time: Every Monday evening 7 – 8.30pm

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

Time: Every Wednesday evening 7 – 8.30pm

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

Time: Tuesday 11am-12:30pm

Contact: Beth

Phone: 0191 5101494

Email: Sunderland.headlight@hotmail.co.uk

North West

Cheshire

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

Website: 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. **Our face to face groups are currently on hold due to Covid-19 but Zoom groups are running, more information on our support groups can be found here;**

<https://www.bipolaruk.org/Blog/update-regarding-our-peer-support-group>

Email: supportgroups@bipolaruk.org

Phone: 0333 323 3880

Website: www.bipolaruk.org

Lancashire

Blackpool

Blackpool Inspirations

We are a local mental health organisation providing several groups a week for anyone age 18+ with mental health. We offer Social inclusion, peer support, activities , drop ins , day trips and counselling. **Groups are currently suspended due to Covid 19 . We have 2 zoom sessions a week presently until we can safely return to groups. Counselling and support also continue via phone and virtually.**

Address: 18 Adelaide St W, Blackpool FY1 4SR

Email: 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. **The group is unable to meet at the moment due to the COVID-19 situation.**

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

Lancaster

SAFE 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. Groups in Lancaster and Morecambe currently on hold due to the pandemic. **Currently offering remote contact to new and existing group members. Visit our Facebook page @Socialeasecafe**

Address: Cornerstone Café, Sulyard street Lancaster

Time: Wednesday 2-4pm

Contact: 07568937988

Email: propupproject@gmail.com

Morecombe

SAFE 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. **Face to Face groups are on hold, currently offering Fortnightly zoom sessions & offline creative activities for group members. Referral needed (self or family referrals accepted). Visit our Facebook page @PropUpProject**

When: Thursdays 6-8pm

Email: propupproject@gmail.com

Phone: 07568937988

Carnforth Group for Young people

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.

Face to Face groups are on hold, currently offering Fortnightly zoom sessions & offline creative activities for group members. Referral needed (self or family referrals accepted). Visit our Facebook page @PropUpProject

Time: 5.30-7.30pm on Tuesday

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

Contact: propupproject@gmail.com

Phone: 07568937988

SAFE 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. Groups in Lancaster and Morecambe currently on hold due to the pandemic. **Currently offering remote contact to new and existing group members. Visit our Facebook page @Socialeasecafe**

Address: Brew me sunshine Victoria street Morecambe

Time: Tuesday 10am-12pm

Contact: 07568937988

Email: 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

Website: www.peertalk.org.uk

Phone: 07719 562617

Address: The Intact Centre, 49

Whitby Avenue, Ingol, Preston,

PR2 3YP

Time: Thursdays, 11am – 2.30pm

Manchester

Altrincham

Altrincham Anxiety & Depression Group: Support group for sufferers of all anxiety disorders, including living with any form of depression, panic attacks, OCD, social phobia etc. ***This group has currently been suspended due to COVID-19 and is being offered online via zoom. Please visit <https://www.selfhelpservices.org.uk/onlinegroups/> for more information. Alternatively we have also set up a private Facebook group by the name of "Self Help Peer Support Group" that people can request to join on confirmation that they will follow our group rules.***

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

Time: Every Monday 2pm-4pm

Phone : 0161 226 3871

Email : csgroups@selfhelpservices.org.uk

Website : 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. **Meetings are currently limited to 15 people due to Covid-19.**

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

Time: Wednesdays 7.30pm

Phone: 07964834836

Email: lsgroup.littlelever@gmail.com

Chorlton

Chorlton Anxiety & Depression Group Support Group: Support group for sufferers of all anxiety disorders, including living with any form of depression, panic attacks, OCD, social phobia etc. ***This group has currently been suspended due to COVID-19 and is being offered online via zoom. Please visit <https://www.selfhelpservices.org.uk/onlinegroups/> for more information. Alternatively we have also set up a private Facebook group by the name of "Self Help Peer Support Group" that people can request to join on confirmation that they will follow our group rules.***

Contact: Andrea

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

Time: Meets every Tuesday 7-9pm

Phone: 0161 226 3871

Email : csgroups@selfhelpservices.org.uk

Website : www.selfhelpservices.org.uk

Harpurhey

Harpurhey Anxiety & Depression Group: Support group for sufferers of all anxiety disorders, including living with any form of depression, panic attacks, OCD, social phobia etc. ***This group has currently been suspended due to COVID-19 and is being offered online via zoom. Please visit <https://www.selfhelpservices.org.uk/onlinegroups/> for more information. Alternatively we have also set up a private Facebook group by the name of "Self Help Peer Support Group" that people can request to join on confirmation that they will follow our group rules.*** Address: No.93, 93 Church Lane, Harpurhey, Manchester M9 4AF **Time:** Every Thursday 1 - 3PM
Time: Every Thursday 1 - 3PM
Phone: 0161 226 3871
Email : csgroups@selfhelpservices.org.uk
Website : www.selfhelpservices.org.uk

Hulme

Manchester Social Phobia/Anxiety Group: Support group for sufferers of social anxiety and social phobia. ***This group has currently been suspended due to COVID-19 and is being offered online via zoom. Please visit <https://www.selfhelpservices.org.uk/onlinegroups/> for more information. Alternatively we have also set up a private Facebook group by the name of "Self Help Peer Support Group" that people can request to join on confirmation that they will follow our group rules.***
Address: Kath Locke Centre, 123 Moss Lane West, Hulme, Manchester
Time: Meets every Tuesday from 7-9pm
Phone: 0161 226 3871
Email : csgroups@selfhelpservices.org.uk
Website : www.selfhelpservices.org.uk

Zion Anxiety & Depression Group: Support group for sufferers of all anxiety disorders, including living with any form of depression, panic attacks, OCD, social phobia etc. ***This group has currently been suspended due to COVID-19 and is being offered online via zoom. Please visit <https://www.selfhelpservices.org.uk/onlinegroups/> for more information. Alternatively we have also set up a private Facebook group by the name of "Self Help Peer Support Group" that people can request to join on confirmation that they will follow our group rules.***
Address: Zion Centre, 339 Stretford Road, Hulme, Manchester
Time: Wednesdays 2pm-4pm
Phone: 0161 226 3871
Email : csgroups@selfhelpservices.org.uk
Website : www.selfhelpservices.org.uk

Urmston Depression Group: Support group for sufferers of all anxiety disorders, including living with any form of depression, panic attacks, OCD, social phobia etc. ***This group has currently been suspended due to COVID-19 and is being offered online via zoom. Please visit <https://www.selfhelpservices.org.uk/onlinegroups/> for more information. Alternatively we have also set up a private Facebook group by the name of "Self Help Peer Support Group" that people can request to join on confirmation that they will follow our group rules.***
Address: St. Clements Church Parish Hall, Manor Ave, Urmston, M41 9HH
Time: Meets every Tuesday 12.15pm-2.15pm
Phone: 0161 226 3871
Email : csgroups@selfhelpservices.org.uk
Website : www.selfhelpservices.org.uk

Wythenshawe

Wythenshawe Anxiety & Depression Group: Support group for sufferers of all anxiety disorders, including living with any form of depression, panic attacks, OCD, social phobia etc. ***This group has currently been suspended due to COVID-19 and is being offered online via zoom. Please visit <https://www.selfhelpservices.org.uk/onlinegroups/> for more information. Alternatively we have also set up a private Facebook group by the name of "Self Help Peer Support Group" that people can request to join on confirmation that they will follow our group rules.***

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 : csgroups@selfhelpservices.org.uk

Website : 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. ***Currently closed due to the covid-19 lockdown, but our members are active on Facebook and WhatsApp. We intend to open again as soon as possible for face to face meetings. Covid rules apply.***

Time: Every Monday 7pm-9pm

Address: St Paul's Church, Monton, Salford

Contact: 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

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

Website: www.peertalk.org.uk

Phone: 07719 562617

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

Website: www.hartvolaction.org.uk

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. **Groups are currently suspended but hoping to restart later 2021.**

Address: Trinity Winchester, Bradbury House Durngate Winchester SO23 8DX

Phone: 07900 490609

Email: ed.carers@trinitywinchester.org.uk

Whitehill and Bordon

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: Whitehill Village Hall, 6 Sutton Field, Whitehill, Bordon, GU35 9BW

Time: Every Tuesday evening, 7 – 8.30pm

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Kent

Ashford Peer Support

SpeakUpCIC supports people with lived experience of mental ill health through peer support and forums. **Due to COVID-19 support is only offered online via Zoom, Messenger or Text/email.**

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

Phone: 01843 448 384

Email: amanda@speakupcic.co.uk

Website: 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. Due to the current situation we are meeting via zoom only, however our Sainsbury's meetings for meetings for up to 15 people are open when the cafe is being used.

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

Website: www.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. Due to the current situation we are meeting via zoom only.

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

Website: www.yourspaceglos.weebly.com

Bristol

Changes Bristol

Changes Bristol is a mental health charity that holds support groups across Bristol, at the same time and place each week. Changes Bristol hold peer support groups which are available both online and in-person (Bristol only for physical meetings). Some of these groups are accessible to certain groups of people which includes a men and women only group, women of colour and people who identify as LGBTQ+. We also have a telephone one-to-one befriending service which started in 2020.

Phone: 01179 411 123

Email: info@changesbristol.org.uk

Website: www.changesbristol.org.uk

Scotland

Aberdeen

Y Suffer in Silence

We offer the following free services: Person-centred non-judgemental reflective emotional listening support, Person-centred counselling and TEENS “Teenager’s Expressing an Emotional Need for Support”. We offer our services by telephone, face to face, FaceTime and via groups.

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.

Support Line: 01346 378 030

TEENS Support Line: 0121 820 8821

Phone: 01346 378030/ 378220

Email: info@ysufferinsilence.org.uk

Facebook Pm: Y Suffer in Silence

Website: www.ysufferinsilence.org.uk

Ayr

Women in Self Help and Emotional Support (WISHES)

The group is for women who live in Edinburgh 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. **During the pandemic, the group is running online and has a waiting list.**

Time: Thursdays – 1pm-3pm

Contact: Joan

Phone: 07867583194

Address: Nicolson St, Edinburgh EH8 9ER

Email: wisheswomensgroup@gmail.com

Northern Ireland

AWARE Coleraine Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Address: Lodge Hotel, Lodge Road Coleraine BT52 1NF **Time:** Fortnightly, Tuesdays 7.30PM

Phone: 028 7126 0602

Email: info@aware-ni.org

AWARE Derry/Londonderry Depression

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Address: 15 Queen Street Derry BT48 7EQ

Time: Tuesdays 7.30PM, Thursdays 11AM

Phone: 028 7126 0602

Email: info@aware-ni.org

AWARE Strabane Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

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

Time: Fortnightly, Thursdays, 6:30pm

Email: info@aware-ni.org

AWARE Magherafelt Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Address: 60 Hospital Road Magherfelt BT45 5ES

Time: Fortnightly, Thursdays 7PM

Phone: 028 7126 0602

Email: info@aware-ni.org

AWARE Carrickfergus Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

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

Time: Fortnightly Thursdays, 6.30PM

Phone: 028 9035 7820

Email: info@aware-ni.org

AWARE Omagh Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

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

Time: Tuesdays, 6.45PM

Email: info@aware-ni.org

AWARE Cookstown Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

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

Time: Fortnightly, Wednesdays, 7PM

Email: info@aware-ni.org

AWARE Craigavon Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Address: Brownlow Hub Craigavon Armagh BT65 5DL

Time: Fortnightly, Tuesdays, 7.30PM

Phone: 028 9035 7820

Email: info@aware-ni.org

Lisburn AWARE Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Self Help Groups

Revised Date Year: February 2021

To be reviewed Date Year: February 2022

Address: 50 Railway Street Lisburn BT28 1XP

Time: Thursdays, 7.30PM

Phone: 028 9035 7820

Email: info@aware-ni.org

Bangor AWARE Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Address: North Down Community Resource Centre Bangor BT20 4TF

Time: Fortnightly, Wednesdays at 7PM

Phone: 028 7126 0602

Email: info@aware-ni.org

Enniskillen AWARE Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

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

Time: Fortnightly, Tuesdays 7.30PM

Email: info@aware-ni.org

Newry AWARE Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

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

Time: Wednesday 7.30PM

Email: info@aware-ni.org

Newcastle AWARE Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

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

Time: Thursdays, 7.30PM

Phone: 028 4372 5034

Email: info@aware-ni.org

Belfast East AWARE Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Address: Hollywood Arches Health Centre Belfast BT4 1NS

Time: Tuesdays at 7pm

Phone: 028 9035 7820

Email: info@aware-ni.org

Belfast North AWARE Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Address: 40-44 Duncairn Gardens Belfast BT15 2GG

Time: Tuesdays 10.30AM, Thursdays, 6.30PM

Phone: 028 9035 7820

Email: info@aware-ni.org

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Belfast West AWARE Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

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

Time: Thursdays, 6.30PM

Phone: 028 9035 7820

Email: info@aware-ni.org

Belfast South AWARE Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

Address: Bradbury Centre 1 - 17 Lisburn Road Belfast

Time: Fortnightly, Tuesdays, 6.45PM

Phone: 028 9035 7820

Email: info@aware-ni.org

Newtownards AWARE Depression Support Group

AWARE offers an online support group service <https://aware-ni.org/onlinesupportgroups>

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information.

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

Time: Fortnightly, Thursdays 7 PM

Phone: 028 9035 7820

Email: 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

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.