

Anxiety-based Self Help & Support Groups

Listings 2022

Please note: All groups listed run 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 admin@anxietyuk.org.uk.

Anxiety UK Online Support groups

Anxiety UK host regular online support groups that can be accessed by both members and non-members. Our support groups offer a safe space for people aged 18+ to share experiences of anxiety and coping strategies with others in a supportive environment. Groups are facilitated online (via Zoom) by experienced Anxiety UK group facilitators. Being a member of Anxiety UK offers a discounted price for our support groups. For details of our online support groups and pricing, please see here:

<https://www.anxietyuk.org.uk/get-help/anxiety-uk-courses-and-groups/>.

Index

London	5
Central London.....	5
East London.....	5
North London.....	5
East Midlands.....	6
Northamptonshire	6
Nottingham	6
Yorkshire	7
Leeds	7
Batley	7
Bradford	7
Huddersfield.....	8
Skipton	8
North East	9
Darlington	9
Tyneside.....	9
Sunderland.....	9
Cheshire	10
Altrincham.....	10
Warrington.....	10
Lancashire	11
Blackpool.....	11
Lancaster.....	11
Preston.....	11
Morcombe.....	12
Burnely.....	12
Merseyside.....	13
Knowsley.....	13
Manchester	14
Chorlton	14
Harpurhey	14
Hulme.....	14
Urmston	15
Wythenshawe	15
Surrey.....	16
Leatherhead	16
Guildford	16
Hampshire.....	17
Winchester.....	17
Whitehill and Bordon	17

Anxiety UK

Odiham.....	17
Kent.....	18
Ashford.....	18
Gloucestershire.....	19
Cheltenham.....	19
Bristol.....	19
Scotland.....	20
Edinburgh.....	20
Aberdeen.....	20
Northern Ireland.....	21/22
Nationwide.....	23
Further Information.....	23

London

Central London

Waterloo Depression/Anxiety Self Help Group: There is a mix of people (usually 6-8) 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. We are meeting in person on the first Saturday of the month, with a monthly zoom call when enough people show interest. Please email for further information.

Time: The first Saturday of the month from 2-4pm

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 Depression Alliance Support 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. For more details of times and venue please telephone or email.

Address: North Finchley

Time: Meets twice a month – on a Tuesday evening in North Finchley and on a Monday evening online via Zoom.

Phone: 0754 118 7907

Email: barnet.depressionalliance@gmail.com

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

East Midlands

Northamptonshire

Northamptonshire Depression Support Group: 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. It offers sufferers emotional support and friendship and is open to anyone suffering from mental health distress.

Contact Details: Julia Fisher (Group Facilitator)

Phone/Text: 07743149337

Email: beat-the-blues@outlook.com

Facebook: https://www.facebook.com/Northamptonshire-Depression-Support-769506183074345/about/?ref=page_internal

Nottingham

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.

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

Time: Every 1st and 3rd Tuesday of the month from 6-8pm.

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

Email: anxietymanagementnottm@gmail.com

Yorkshire

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

Leeds 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, simply come along and a warm welcome awaits.

Address: The Fairfax Hall, Rm 121, Leeds Beckett University, Headingley Campus, Leeds, LS6 3QT

Time: Tuesday 6.30pm - 8.00pm

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Phone: 07719562617

Batley

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: Jo Cox House, 90 Commercial Street, Batley, WF17 5DS

Time: Wednesday 11am - 12.30pm

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Phone: 07719 562617

Bradford

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

Yorkshire

Huddersfield

Huddersfield 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, simply come along and a warm welcome awaits.

Address: The Lounge, St Paul's Methodist Church, Wakefield Road, Dalton, Huddersfield, HD5 8DE

Time: Thursday 7.30pm - 9.00pm

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Phone: 07719562617

Skipton

Skipton 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 Hub, Skipton Town Hall, High Street, Skipton, BD23 1AH

Time: It meets every Monday, 7.30 – 9pm

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Phone: 07719 562617

North East

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

Contact: Christine Thompson

Email: contactus@darlingtonmind.com

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

Tyneside

Gateshead 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

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

Time: Every Wednesday evening 7 – 8.30pm

Sunderland

Sunderland 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, simply come along and a warm welcome awaits.

Address: CitySpace, 3 Chester Rd, Sunderland, SR1 3SD

Time: Tuesday 6.30pm - 8.00pm

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Phone: 07719562617

Cheshire

Warrington

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

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. Please visit

<https://www.selfhelpservices.org.uk/service/altrincham-anxiety-group/> for more information.

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

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. For days/times/venues of groups, please see the website below.

Website: www.blackpoolinspirations.co.uk

Email: Blackpoolinspirations@gmail.com

Lancaster

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. Please contact us before attending. Visit our Facebook page @Socialeasecafe

Address: Cornerstone Café, Sulyard street Lancaster

Time: Wednesday 2-4pm

Contact: 07568937988

Email: propupproject@gmail.com

Preston

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: The Intact Centre, 49 Whitby Avenue, Ingol, Preston, PR2 3YP

Time: Thursday 11am – 2.30pm

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Phone: 07719 562617

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 7.30 - 9.00pm

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Phone: 07719 562617

Lancashire

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. Please contact us before attending. 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. Please contact us before attending. 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

Email: 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. Please contact us before attending. Visit our Facebook page @Socialeasecafe

Address: Brew me sunshine Victoria street Morecambe

Time: Tuesday 10am-12pm

Contact: 07568937988

Email propupproject@gmail.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. Please ring before first attendance. **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, 7.15pm – 9:00pm

Contact: Janet Broadley

Phone: 07923 478510

Email: broadleyj@hotmail.co.uk

Merseyside

Knowsley

Knowsley 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, simply come along and a warm welcome awaits.

Address: The Old School House, St Johns Road, Huyton, Liverpool, L36 0UX

Time: Wednesday 11am - 12.30pm

Email: enquiries@peertalk.org.uk

Website: www.peertalk.org.uk

Phone: 07719562617

Manchester

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.

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. Please visit:

<https://www.selfhelpservices.org.uk/service/harpurhey-depression-group/> for more information.

Address: No.93, 93 Church Lane, Harpurhey, Manchester M9 4AF

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. Please visit <https://www.selfhelpservices.org.uk/service/manchester-social-anxiety-group/> for more information.

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. Please visit <https://www.selfhelpservices.org.uk/service/zion-depression-group/> for more information.

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

Manchester

Urmston

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. Please visit

<https://www.selfhelpservices.org.uk/service/wythenshawe-anxiety-group/> for more information.

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

Surrey

Leatherhead

Mary Frances Trust (various groups)

Please contact to receive details of all weekly groups available.

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

Phone: 01372 375400

Email: info@maryfrancestrust.org.uk

Guildford

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

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 due to the Covid-19 pandemic.**

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

Phone: 07900 490609

Email: ed.carers@trinitywinchester.org.uk

Whitehill and Bordon

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

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 afternoon 1.00pm - 2.30pm & Tuesday evening 7.00pm - 8.30pm

Contact: Rebecca

Phone: 01252 815652

Email: sunshineandshowers@hartvolaction.org.uk

Website: www.hartvolaction.org.uk

Kent

Ashford

Ashford Peer Support

SpeakUpCIC supports people with lived experience of mental ill health through peer support and forums. Support is offered both face to face, in the centre of Ashford, and online via zoom. These are weekly meetings on a Wednesday.

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

Phone: 07812 729 123

Email: amanda@speakupcic.co.uk

Website: speakupcic.co.uk

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.

Address: Oakley Community Resource Centre, Clyde Road, Cheltenham, Gloucestershire, GL52 5QL

Time: Held on the second Monday of the 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 as well as a weekly Walk and Talk service which was started during the pandemic for our members to meet up in Bristol's plentiful green spaces.

Phone: 01179 411 123

Email: info@changesbristol.org.uk

Website: www.changesbristol.org.uk

Scotland

Edinburgh

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

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. Counselling by appointment via platform, telephone, and face to face.

Telephone support: Mon, Wed, Fri 9am -6pm & Tues & Thurs 9am -10pm

Group support: Man-Scape (Male only), Women’s Wellbeing (Females only) & Mixed Group, available face to face and platform. See our Facebook Page for updates.

Teens Support: “Teenagers Expressing an Emotional Need for Support”, telephone support 0800 121 6818 Mon, Wed, Thurs. Face to face support for 13–19-year-olds by appointment.

Spanc: “Supporting Parents with Assisted Needs Children”, telephone support Mon & Friday 10am-1pm. Spanc groups are held on the last Wednesday of every month from 11am-12.30pm.

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

Phone: 01346 378030

Email: info@ysufferinsilence.org.uk

Facebook: Y Suffer in Silence

Website: www.ysufferinsilence.org.uk

Northern Ireland

AWARE Lurgan Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Coleraine Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Derry/Londonderry Depression

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Strabane Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Limavady Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Magherafelt Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Carrickfergus Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Omagh Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Cookstown Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Craigavon Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Lisburn Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Bangor Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Enniskillen Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Newry Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Downpatrick Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Newcastle Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Belfast East Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Belfast North Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Belfast West Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Belfast South Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

AWARE Newtownards Depression Support Group

The groups provide an opportunity to connect with others who share similar experiences, to provide support to each other and share information. For further information on attending this support group, please visit www.aware-ni.org or contact info@aware-ni.org for details of location and times of our group meetings.

Nationwide

Bipolar UK Self-help Group Network

All groups are open to anyone affected by bipolar, with or without a diagnosis, family, loved ones and friends. The following link provides details of all our support groups, including how to sign up:

<https://www.bipolaruk.org/Listing/Category/online-support-groups-parent-category?Take=32>. If your local group is not listed here, you can join a national support group. These take place roughly every month.

We also have a peer support line which can be accessed using the following link: <https://www.bipolaruk.org/support-line>.

Further Information

Anxiety UK is a national charity established in 1970 that provides a wide range of support services and information for those affected by anxiety, stress and anxiety-based depression. Anxiety UK has a strong support delivery arm offering support via helpline, therapy, groups, courses and much more. We have a national accredited therapy service, with therapists all over the country working in partnership with us to deliver therapy to our members.

National Helpline: 03444 775 774

Anxiety UK have a 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 is open from Monday – Friday 9.30am- 5.30pm.

Self-help solutions

We offer access to a range of self-help resources to help give you control over your recovery and to equip you with skills to manage anxiety and stress: <https://www.anxietyuk.org.uk/shop/>.

Membership

Anxiety UK membership gives access to a community of support and to a range of services, including, but not limited to:

- Accessible, reduced-cost therapies
- Discounted groups and courses
- Subscription to Anxious Times magazine
- Members' only online area, message board & access to anxiety support resources
- Free copy of Understanding Anxiety or Caregivers Guide to Anxiety
- Plus access to many more benefits!

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.