



Starting a peer support group



The Community Group Development Team

Our team sits in the community division of Rethink Mental Illness and works with people who wish to establish and run their own voluntary led peer support groups. These groups are led by and open to people affected by mental illness including family and friends.

What We Do

We understand how daunting and time consuming running your own group can be, particularly when you're managing your own mental illness, or supporting someone else's, not to mention the everyday chores and responsibilities life can throw at us.

Therefore, we provide practical and financial support and work with you to develop and run a safe sustainable group. We do this in a way that makes establishing and running a group as simple as possible; and one that fits your time, so it remains a benefit to run and never a chore.

Even when your group is up and running, we don't leave you there and continue to provide emotional and practical support to you throughout the life of the group, and we do this for free. After all you are providing the invaluable time to run these groups which in turn provide a lifeline of support for many.

Our Network of Groups

We have groups across the whole of England, and every group is unique, we have traditional peer support groups that meet over coffee to share their experiences, some even do this online. Other groups meet to do some gardening, arrange social outings and walks, play badminton and other sports, not to mention, arts, crafts and book groups too. We even have mum's groups, men's groups, diagnosis specific groups and so much more. We even work with community organisations, charities, and services wanting to develop voluntary led groups to extend their provision.

There's always room and need for more groups, if you would like to talk to us about starting a group in your area, please don't hesitate to contact us by calling or texting us on **07989 475024** or emailing us at **groups@rethink.org**.

You don't have to have a clear idea of what you want your group to do as we're here to help you through that. To find out more and to discuss the ideas you have - contact us today. We don't charge for our service - we are just here to help and offer guidance and support, whether you choose to develop a group with us or not.

