

York
Mental Health
Peer Support Group



YOR-PEER SUPPORT

Do you experience mental health and/or learning difficulties?
Do you often feel misunderstood, isolated or alone?
Would you like to meet others who experience similar issues?

YOR-PEER SUPPORT

Is a peer-led, mental health support group founded by people with lived experience of mental health difficulties. Our self-help group is for adults experiencing mental health problems and/or learning difficulties, family members, carers and support workers. We meet once a month at Briar House in York city centre.

Experiencing mental health problems can be a confusing time so meeting others with similar experiences can help to make sense of your own difficulties and develop new ways of coping. Research shows peer-led self-help groups reduce mental health difficulties, hospital admissions, need for crisis care and reduce social isolation. Peer support groups provide friendship, support networks, and improve confidence, self-esteem, social functioning and quality of life. Meeting with peers can be fun and inspiring for everyone. By working together we can learn from each other to create a culture of validation and hope. Collectively we can make a difference.

We understand you might feel anxious about coming to the group so please feel free to bring a support person. Alternatively someone from the group could arrange to meet with you. You never have to attend alone.

**No referral necessary
come along to a group
meeting or contact us for
details**

Email:
yor.peeryork@gmail.com



YOR-PEER SUPPORT



@York_MHPS



Next Meeting Dates:

October 4th 2016 (4pm to 6pm) - Crisis Management & Safety Plans

November 1st 2016 (4pm to 6pm) - Ways of Managing Distress

December – Christmas activity TBA