



AWARE SUPPORT GROUPS

Who are the groups for?

Support Groups are for people affected by depression and bipolar disorder. This includes relatives and carers who want to know more about depression and how they can help someone. The groups are free to attend.

What is the purpose of a support group?

The purpose of the groups is to bring people together experiencing similar problems, so that they can support each other and learn more about the illness and the treatments available.

Attending the group meetings also enables people to share experiences, discuss self-help strategies and coping skills that will help in their recovery.

What happens at group meetings?

The meetings are very informal. Individuals may talk about their experiences, share information and ask questions. No member of the group is obliged to speak and short periods of silence are normal.

How long do meetings last?

The group meetings usually last between 60 and 90 minutes.

Where are the groups held?

The support groups are held in towns and cities across Northern Ireland. For a full list of support groups please visit the AWARE website.

What people have said about the Support Groups

“ It was reassuring to know that there are other people who have the same problems as me and that I am not the only one to feel this way. ”

Sharon

“ Just listening to other group members helped me understand so much about my husband's illness. ”

Mary

“ Support Group saved my life ”

John

For more information on Support groups please visit www.aware-ni.org or email info@aware-ni.org

Registered with The Charity Commission for Northern Ireland NIC100561.
Company No. N.I. 30447

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