

Next Steps Support Group



This is a Mutual Aid group where we support each other after leaving hospital or other mental health services. We run weekly groups in four locations around Somerset.

- Yeovil | Mondays | 10-11.30am | Yeovil Trinity Foyer, Peter Street, BA20 1PN
- Taunton | Mondays | 1.30-3pm | Albemarle Centre, Albemarle Road, TA1 1BA
- Bridgwater | Wednesdays | 10-11.30am | Engine Room, 52 High Street, TA6 3BL
- Shepton Mallet | Thursdays | 10-11.30am | Shepton Mallet Wellbeing Centre 57c High Street , BA4 5AH

Having others around us and a place to talk about our hopes and fears can really help

Contact Somerset Recovery College by telephone 07342 063735 or Somersetrecoverycollege.co.uk to sign up



Open Mental Health' is a Somerset alliance of local voluntary organisations and the NHS. We are working in partnership to ensure that residents of Somerset get the support they need, when they need it.

Next Steps Support Group



Welcome!

'Welcome to the Next Steps Support Group. This is a confidential, mutual aid group where we are here to support each other after leaving hospital or other mental health services. Please feel free to share what is comfortable for you.

There is a format to each meeting but feel free to share your experiences, hopes and thoughts to help support each other. Please let people have a chance to speak and try not to talk over each other. Please be kind and respectful of other people and treat people the way you would like to be treated.

We encourage active participation, as this is how we help ourselves and others, but we understand it can be nerve wracking, so be kind to yourself. We are all here to help and find ways of managing and coping with day to day issues. This is our group and we can make it what we want. Our ultimate aim is keep well and be well in ourselves.



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Programme

Length: 1 hour 30 minutes

- Check in
- Discussion
- Break (15 Minutes)
- Useful tools
- Check out



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