



Who cares? Support Group

The aim of our group is to provide an environment for people with family members/friends affected by acute mental illness to meet in.

The group aims to provide empathy and reassurance in a non-judgemental way via mutual support from peers, helping to normalise experiences and reduce stigma. Providing a listening ear through friendship and social support thus alleviating isolation.

The group is open to all, whether their relatives have enduring mental health conditions or those who are experiencing first episodes of mental health wellbeing.

We meet at:
The Nations Trust
Oxford Street
Wellingborough
NN8 4JG

**On the first Tuesday
of each month
between 7pm – 9pm**

For more information
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