

# MENTAL HEALTH SUPPORT GROUPS AT OPEN DOOR



**Open Door Counselling is a leading person centred counselling service in Birmingham. Established in 1967, we have been providing counselling to children, young people and adults for over 50 years.**

We run a monthly mental health support group for anyone over the age of 18. This is open to anyone who is:

- Experiencing mental health difficulties
- Worried about their mental health or that of someone close to them
- Supporting a friend or family member who is experiencing mental health difficulties
- The parent of a child with mental health problems.

Our groups are facilitated by two members of Open Door staff, including at least one trained counsellor, and are a safe space to explore anything you may be feeling. There will be a maximum of 8 attendees per session.

### **HOW CAN SUPPORT GROUPS HELP?**

Experiencing mental health difficulties or supporting someone else in crisis can be isolating. So it can be very helpful to speak to other people who understand what you're going through and who can provide support and insights. This kind of peer support is proven to be beneficial, and allows you to help other people while also receiving help yourself.

If you have any questions please get in touch.

### **OPEN DOOR COUNSELLING**

2 Greenfield Crescent  
Edgbaston  
Birmingham  
B15 3BE  
0121 454 1116

info@opendoorcounselling.org.uk  
www.opendoorcounselling.org.uk  
facebook.com/TalkToOpenDoor  
twitter.com/TalkToOpenDoor

### **Benefits of support groups:**

- A safe space to explore thoughts and feelings without being judged
- Make new connections and friendships
- Gain insight into other people's experiences
- Compare notes about resources, treatment options and support networks
- Overcome isolation and loneliness
- Talk to people who may have experienced similar things
- Build self confidence and improve your coping skills.

### **READY TO JOIN THE GROUP?**

To attend the group, just come along to our meet ups on the second Tuesday of every month at Open Door Counselling. As numbers are limited, we recommend you book your place in advance. Contact us using the details below, or you can book online at [www.opendoorcounselling.org.uk/support-groups-for-adults](http://www.opendoorcounselling.org.uk/support-groups-for-adults).

#### **When:**

6.30pm-7.45pm,  
second Tuesday of the month.

#### **Where:**

Open Door Counselling, 2 Greenfield Crescent, Edgbaston, Birmingham, B15 3BE. (Please note, there is limited parking nearby.)

#### **How much:**

We ask for a small charge of £5 per person to cover our costs, which can be paid in cash at the start of the session.