






SUNSHINE & SHOWERS

Information Leaflet

Anxiety and Depression Support Groups

-  Free weekly support groups for adults – daytime and evening groups available
-  A chance to talk to others about your experiences of anxiety and depression and listen to the experience of others
-  A safe and confidential environment supported by a facilitator and co-facilitator

Information

Sessions take place on a weekly basis for 50 weeks of the year and last for an hour and a half. A commitment to attend on a regular basis is important. The group is a confidential space where you are able to discuss your experiences with others who have had similar experiences. It can be a chance to share coping strategies to help each other. Some groups may provide some information about anxiety and depression and use creative methods to help with exploring emotions. Sessions take place at Odiham Cottage Hospital, Buryfields, Odiham, Hampshire, RG29 1NE.

Joining a Group

If you are interested in joining one of the Anxiety and Depression support groups please complete the Referral Form available on our website at

<https://www.hartvolaction.org.uk/counselling/anxietydepression-support/> and return to us by email to sunshineandshowers@hartvolaction.org.uk or post to Hart Voluntary Action, Civic Offices, Harlington Way, Fleet, GU51 4AE and mark 'Confidential FAO Counselling Services Manager'.

If you would prefer to talk to someone then please call 01252 815652 and we can complete the form for you.

Once you have completed a referral form we will place you on our waiting list until a suitable place in one of the groups becomes available for you.



Aims of the group

- To be listened to
- To share experiences of depression and anxiety
- To provide information to each other
- To give and receive support
- To receive hope and encouragement for the future

Group Rules

Primarily you are expected to be respectful of others and not to judge but we do have a few ground rules to support this:

- Everything said in the room must remain confidential
- Please arrive on time and stay for the whole session
- Listen to others
- Keep your mobile phone switched off
- Do not use any recreational drugs or alcohol before attending a session
- Keep confidentiality – do not discuss anything that is said in the session outside of the session.
- Respect each other's opinions and feelings
- Be cautious about exchanging phone numbers and addresses with others
- Take responsibility for looking after yourself

(If you do not follow the ground rules then you may be asked to leave the group)