



SpeakUp CIC

Age 17+

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Support and social groups run by people with similar experiences including:

- music appreciation group
- social weekend group
- LGBT+ social group
- online support group
- Night Owls*

****Night Owls** is a closed on-line peer support group which is moderated by staff and volunteer peer support mentors. **Night Owls** is for people who have trouble sleeping at night and who would like to chat with others in a safe space.*