



## SpeakUp CIC

Age 17+

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SpeakUpCIC offer 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\*\*
- Personality disorder peer support group\*\*\*
- SpAce arts group

*\*On-line Personality Disorder Peer Support for people living with a PD diagnosis who want to link with others to share news, views and experiences*

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

*\*\*\*Personality Disorder Peer Support Group (PERDI) is for people living in Thanet with a personality disorder. Weekly group sessions and workshops provide opportunities to meet and connect with others to share and support each other in a safe and friendly space.*

*\*\*\*\*SpAce Art and Craft Peer Group - creative pursuits can have a positive effect on your mental health. This is a weekend art group in Margate for people who are looking to improve their mental wellbeing.*