

## SpeakUp CIC

Age 17+

SpeakUp operates in Deal and Dover and offers support and social groups run by people with similar experiences to help you better manage your mental wellbeing and alleviate social isolation. Currently we can offer you:

One to one support by telephone, messages, emails

- emotional support
- practical support about what help is available
- information of activities available

Online support groups

- Night Owls for those struggling at night\*
- SpeakUpCIC Facebook pages
- LGBTQ+ Peer support group
- PITS photography group

7 days a week daily online group based on different topics and interests

- quizzes
- discussions
- activities

**\*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.**

Please contact: Maggie [Maggie@speakupcic.co.uk](mailto:Maggie@speakupcic.co.uk) or Kay [Kay@speakupcic.co.uk](mailto:Kay@speakupcic.co.uk) / 07543 977670