

SpeakUp CIC Age 17+

SpeakUp 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 and emails for:

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

Online support groups:

- Night Owls for those struggling at night*
- SpeakUpCIC Facebook pages
- LGBTQ+ Peer support group
- PITS photography group
- PERDI personality disorder peer support

Daily online groups:

- Breakfast club
- Zoom at Noon

Weekly online groups:

- Music quiz
- Steve's jukebox
- Computer club
- General knowledge quiz
- LGBTQ+ group
- Fun and games
- Mindfulness

**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 or Kay Kay@speakupcic.co.uk / 07543 97767