

Severe Mental Illness (SMI) Peer Support

**A service for individuals
facing a Serious Mental Illness.**

SMI refers to conditions such as bipolar disorder, schizophrenia, or other forms of psychosis.

Our SMI Peer Support service provides a safe space for those with SMI to come together to give and receive support from their peers.

It also provides access to informative workshops focusing on the issues those with SMI face around their mental and physical health.

Come along to an SMI
focused session!

- Peer Support groups
- Group structured topic sessions
- Activity and grounding sessions



For adults living with
serious mental
illness



Queensway Clinic,
Bletchley



0300 330 0648



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 **Mind BLMK**

Charity No. 1068724
www.mind-blmk.org.uk



Peer Support Group

Severe Mental Illness (SMI)

A safe space for those with SMI to come together to give and receive support from their peers. Including access to informative workshops focusing on the issues those with SMI face.

SMI stands for serious mental illness, and refers to conditions such as bipolar disorder, schizophrenia, or other forms of psychosis.

What can you expect:

- Peer Support groups
- Group structured topic sessions
- Activity and grounding sessions

With an SMI, you may feel limited in your ability to perform essential life activities. Come along to a session to share your experience, learn from others and build your confidence!



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