Severe Mental Illness (SMI) Peer Support

A service for individuals facing a Serious Mental Illness.

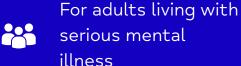
SMI refers to conditions such as bipolar disorder, schizophrenia, or other forms of psychosis.

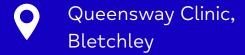
Our SMI Peer Support service provides a safe space for those with SMI to come together to give and receive support from their peers.

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





0300 330 0648





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!

- Queensway Clinic, Bletchley
- For adults living with serious mental illness
- 📞 0300 330 0648

