

## Survivors of Depression in Transition S.O.D.I.T

### **WHAT WE ARE:**

We are a small non-profit charitable organisation (charity no: 1109165) that provides a holistic perspective in dealing with depression & mental health distress.

We comprise of trained & student voluntary counselling professionals & carefully selected volunteers & peers with lived/living experience of mental health distress.

We provide peer led sessions, with a friendly empathetic manner & a private, safe environment.

We also facilitate one-to-one counselling with qualified counselling professionals and students.

We provide peer support groups for individuals who identify as women who have/had depression or related mental health distress.

We are able to encourage, empathise, self-empower & build confidence.

We have links to other local & regional mental health organisations in order to deliver the most appropriate & best service possible.

Our service is free, confidential (in accordance with the Data Protection Act 1998 & GDPR) & regular contact is maintained & available throughout the year.

Our facilities are situated on major public transport routes & are appropriate for individuals with physical disabilities. We take these steps for the safety of all parties.

**Please Note:** for safety requirements the group & staff are regularly monitored in a supervisory capacity.

### **We follow the principles of true peer support**

- Safety and Trust
- Being yourself
- Hopefulness
- Mutuality
- Solidarity
- Reducing stigma
- Person-centred goals
- Equality and empowerment
- Independence
- Strength and potential
- Moving on
- Companionship
- Choice



## Survivors Of Depression In Transition

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#### **WHAT WE ARE NOT:**

We do not make home visits.

We appreciate individuals' distress but have zero tolerance of violence towards members of staff & other group members this is deemed unacceptable.

We are unable to make medical referrals we have no jurisdiction in this content these have to come from general practitioners, similarly we are not able to prescribe medication.

Although we have a counselling professional upon request the self-help group is **NOT** a counselling group.

We are unable to deal with high, acute depressive symptoms, please note we are an organisation to aid individuals in transition & have the right to refer on & signpost to more suitable resources if we deem the individual unsuitable for our services.

Although we make every effort to offer the best service possible we are not available 24 hours a day. We appreciate the reasons why individuals come to us & endeavour to get back to you as soon as possible.

Similarly, we can be contacted at the office but we do not offer a helpline service.

Although we want to help there may be times when the group capacity increases to a point where it is inappropriate to take any new members. In the event of these circumstances a waiting list system will be used & upon your request your name is added & contacted as soon as a place becomes available.

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