

Please return to

Survivors of Depression In Transition

Office 8

SYAC Business Centre

110-120 Wicker

Sheffield

S3 8JD

Tel : 0114 2795970

Text us on: 07493 327445

Support line 0300 365 9949

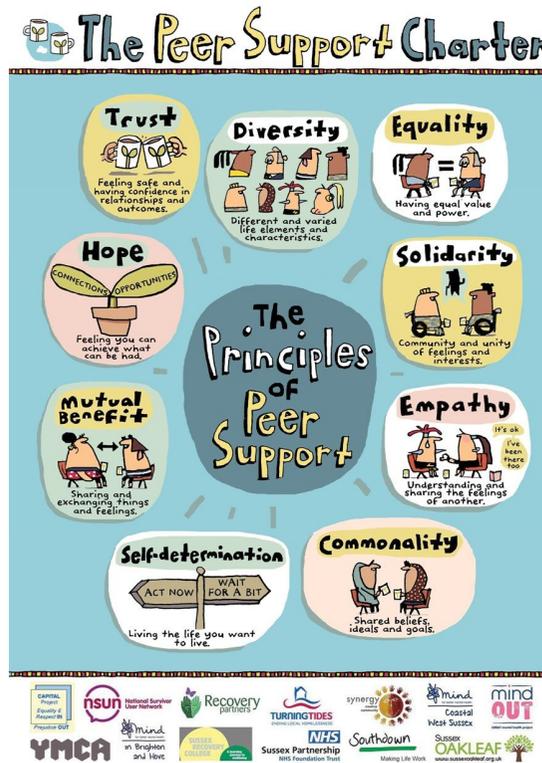
e- mail : info@sodit.org

www.sodit.org

donate via:

www.giveasyoulive.com and

www.localgiving.org



Supported and funded by



For women who have depression or have experienced mental health distress

And wish to move on

‘Drop in’ open (1 to1)
Monday-Friday
10.00am Until 5.30pm
By Appointment
At UNIT 4 SYAC centre

Registered Charity No 1109165

What Is a Peer Support Group?

A peer support group is made up of people who have personal experience of the same issue or life situation. Groups should not be viewed as therapy but as a place where you can receive encouragement, reassurance, support and a “listening ear”.

How can they help?

Meeting with others can help reduce the terrible feeling of isolation which a lot of women experience when suffering from depression.

It can provide a supportive informal environment where people can share their fears, worries and ways of coping with their depression and mental health distress. You will hear how each person’s experience is different but will also see that there is a common thread running through each other’s feelings and symptoms. This will allow you to support others as well as getting support for yourself.

Coping with mental health distress can be a long and difficult process but at least you’ll know you are NOT alone. 

The Group

Survivors is a peer support group run by peers with lived experience for women who have experience of depression and all its ups and downs.

Group meets every Tuesday 12.30 to 2.30pm SYAC Business Centre Unit 4

NEW Therapeutic ‘holding’ 1-1 service
Please see www.sodit.org for more info
ONE to ONE Support by appointment

Joining a new group can be difficult so we give you a chance to join us at your own pace and you’ll also be given one of our ‘new members’ packs
We can :-Give you a chance to meet other women, who share similar issues
Offer support and understanding

- Explore different ways of coping
- Offer a SAFE place to be
- Help ourselves feel more confident
- Provide relevant information and find practical help
- We can also have a LAUGH!

To find out more, fill in the form or call to arrange an informal chat.



Form to Arrange a Meeting

Name

.....
.....

Address.....

.....
.....
.....
.....
.....

 Telephone Number

.....

Convenient time to contact.....

Is it ok to leave a message?

Yes **No**

Would you like someone to telephone you before arranging a meeting?

Yes **No**

All communication is treated in the strictest confidence✓