

A blue arrow graphic pointing to the right, with a white outline, positioned above the section header.

Peer Support Group for Psychosis

“It’s been great to share experiences with people with similar experiences. I feel this is a service that has been needed for a long time. Before coming to the group, I was aware that other people suffered in similar ways but felt isolated in my experience and the group has really helped me feel less isolated.”

Peer Support group member

What is it?

We have set up space for a small peer support group (maximum 8 people) for people who are experiencing psychosis. It is not group therapy, but a service-user led support group. Staff and a previous group member will be present and will help to support the group.

Who is it for?

Anyone who experiences psychosis and may benefit from support, sharing coping strategies and social contact. We know that attending groups can be daunting, and attendees can participate as much or as little as they would like.

How long will it last?

The group will initially last for four weeks. Some attendees have gone on to arrange regular meetings following the end of the group.

What are the benefits?

Some of our previous attendees have benefitted from feeling less isolated, improved wellbeing and finding their symptoms less distressing. Here is what some people had to say:

How can I get involved?

Please let your care co-ordinator know if you would like to take part, or ask to speak to the Peer Support Group staff Keelie Woodward and Michelle Talbot.

Groups will be held at the Witney Nuffield Health Centre on Wednesdays and the Elms Centre in Banbury.

We look forward to hearing from you!

“Before the group I felt like I was the only one”

“I look forward to it every week.”

“ It is the only time I could be myself.”

“It’s a timeout from my problems.”

Research has also shown that social relationships are crucial for improved symptoms and wellbeing.

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

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Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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