

# BIG IN MENTAL HEALTH

## PEER SUPPORT GROUPS



Halligan House, 11 Broad Street,  
Bury, BL9 0DA,

[www.buryinvolvementgroup.org](http://www.buryinvolvementgroup.org)



### Monday

6.30PM - 8.30PM

## STRONGER TOGETHER

A safe space for people to come together, to share experiences, and listen and learn from others in a non-judgemental environment.

### Tuesday

6.30PM - 8.30PM

## RECOVERY GROUP

Guest speaker and discussion group, covering various mental health topics and related subjects.

# Just turn up!

### Thursday

12.30PM - 1.30PM

## HEARING VOICES GROUP

New group for anyone that has or is experiencing voices.

### Friday

1PM - 3PM

## BIG SOCIAL GROUP

An open space for people to chat and enjoy themselves.

A suggested donation of £1 was agreed by the group  
Please donate where you can