

# Paranoia and Unusual Experiences Peer-Support Group

## Do people say you are paranoid?

Want a comfy and safe place to chat about distress you experience in your day-to-day life? Or a place where you can offer support based on past experiences?

Come to our launch day so you can find out more about the group and meet some of the facilitators.

**Tea and cake available!**

**When: Wednesday 16 April 11am-2pm**

**Where: Volunteer Centre Westminster: 4 Sutherland Ave, W9 2HQ**



We understand sometimes it's scary to leave your house and meet new people. Bring someone with you if you'd like.

**The group will be running every Wednesday 11-1 at the same address.** If you want to talk to someone about ways that we can make you feel relaxed enough to come to the group and benefit from it, please call 020 7266 0161 and ask to speak to Chloe or Rachel. You can also email [rachel.yates@mungos.org](mailto:rachel.yates@mungos.org)