



Brent Mind  
1b Dyne Road, Kilburn  
London NW6 7XG  
[www.brentmind.org.uk](http://www.brentmind.org.uk)

How to get there:

**Tube:** Kilburn (Jubilee Line)

**Buses:** 16, 32, 98, 189, 316, 332

**Rail:** Brondesbury (North London Line) &  
Kilburn High Road (Euston/Watford)



Brent

*Believe in Us Group*



Trust

Hope

A safe place to share unusual  
beliefs

Mondays 2-4pm

Brent Mind office

1b Dyne Road

London NW6 7XG

[horizon@brentmind.org.uk](mailto:horizon@brentmind.org.uk)

Horizon Services

Making change a reality through recovery focused services.

## What is the Believe in Us group?

We are a peer support group for people who experience paranoid or unusual beliefs. Peer support is about using personal and shared experiences to support one another.

## Why have we set up this group?

- To reach out to people experiencing paranoid or unusual beliefs who are isolated.
- To offer a safe place where group members can discuss and have their realities acknowledged.
- To build group members' sense of confidence, self-esteem and trust towards others.
- To offer a place to find empathy.
- To provide a unique new service.



## How will I benefit from the group?

- Mutual support
- Opportunity to open up and express yourself
- Friendship
- Choice & empowerment
- A step towards recovery without labels
- Learn coping strategies
- Sharing and empathy
- Access and participation in the group is on your terms
- Respect
- Increased confidence and self-esteem

## How do I join the group?

If you have experience of paranoid or unusual beliefs and are interested in joining this group, you can self refer to our services by filling out a self-referral form. Alternatively we accept external agency referrals from professionals that support you, such as a support worker, care coordinator or GP.

Places for the group are allocated on a first come first served basis. If the group is full, your name will be placed on a waiting list for the next available space or group intake.

### For more information, you can contact:

Cornelie  
020 7504 5190

Raksha  
020 7504 5164

[horizon@brentmind.org.uk](mailto:horizon@brentmind.org.uk)