

Mind On Side - Group Recovery Support

Mind On Side also supports people through group-based recovery sessions. These are safe, welcoming spaces where people in recovery or struggling with mental health can come together to build strength, share wisdom, and grow together.

What We Aim To Do In Group Sessions

- Encourage open, honest conversation
- Build self-confidence and reduce isolation
- Develop life skills, structure, and motivation
- Share real-world recovery tips and stories
- Work together on group goals and progress

What Makes It Different

- Less formal than traditional services
- Led by people with lived experience
- Focused on trust, connection, and real life
- Flexible and responsive to group needs
- Practical, with real support and next steps

Using Lived Experience to Build Support

- Stories from people who have been there
- Shared tools and techniques that worked
- Peer encouragement and non-judgemental advice
- Guest speakers with lived experience
- 'I've been where you are' becomes powerful support

How We Grow A Support Base

- Encourage ongoing peer check-ins outside the group

- Build a WhatsApp or safe online group
- Signpost to community events and drop-ins
- Develop peer leaders within the group
- Co-create activities like walking groups or meet-ups