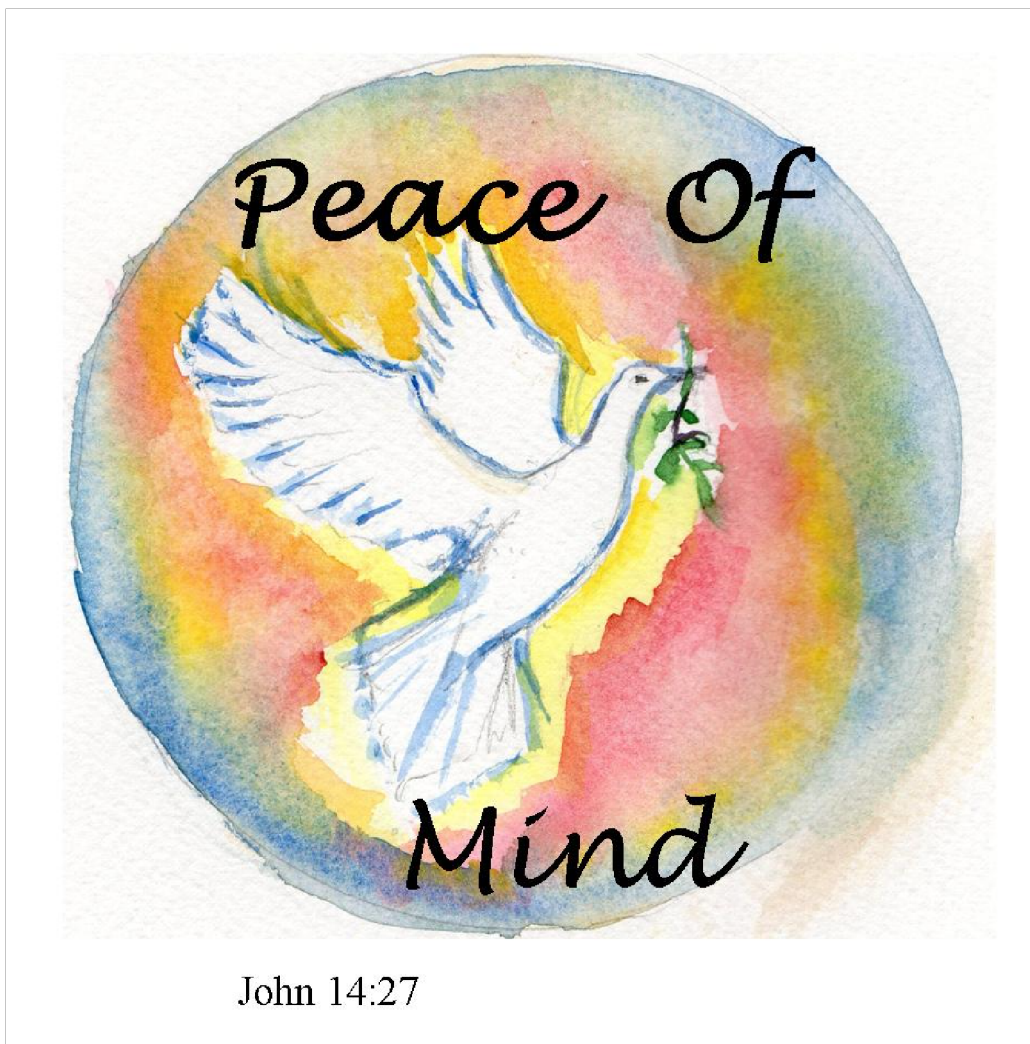


Peace of Mind (P.O.M.)

Stourbridge Mental Health Support Group

"Stronger together"
(You don't have to suffer alone)



Do you or do you know someone who is suffering with mental health issues and would welcome a little extra support?

Why not come and join us for coffee, a chat and companionship.

We are a group meeting at 2:00 – 3:00PM every Thursday of the month in Chawn Hill Church, Chawn Hill Stourbridge, DY9 7JD.

There are a number of regular bus services to Chawn Hill from Stourbridge, Halesowen and Norton, passing through many local areas.

Bus numbers: 7, 88, 142

It is also within walking distance from Stourbridge Junction
Onsite parking is available

For more information contact:

Rob Giles 07847 253809 / rob-giles2011@hotmail.co.uk

Bernadette Owen 07732 673816 / mustardseed1st@yahoo.co.uk

This group has grown out of the recognition that people facing mental health issues need:

- To have a reason and a purpose to get up, get out and to live
- To meet with others who have empathy with them
- To share experiences
- To find an outlet for their feelings
- To make friendships
- Support in pressing forward with their lives

The support group is/is not:

- About confidentiality – not a breeding ground for gossip
- About honouring and supporting mental health issues - not an intellectual journey
- About empathy, about feelings and coping strategies - not expertise
- About learning from others – not teaching
- About walking alongside – not leading
- About listening with your heart – not analysing with your head
- About being present in other's anguish – not taking away their anguish

- About respecting the chaos/disorder/confusion – not imposing order or logic
- About being a companion in the wilderness – not responsible for finding answers
- About helping them take responsibility for their own safety and wellbeing – not taking responsibility for them
- About sharing the love of God in thought and deed – not imposing our beliefs
- About providing links to other community groups offering help and support:

This is not a mental health counselling group.

For the mentally ill we aim to:

- Counter their sense of isolation
- Encourage and give emotional, practical and physical support in a non-judgemental environment
- Encourage them to explore thoughts and feelings with compassion towards themselves and others
- Encourage to be able to give and receive support
- Build trust, bonding and friendship
- Provide a forum to allow them to search for and express artistic forms such as: drawing/sketching writing and poetry, crafts and cookery etc.

We will keep a Confidential Register: keeping a log of names addresses and personal details etc. (a) In case of medical emergency. (b) If someone hasn't been to the group for a couple of weeks we may contact them to make sure they're OK.

Each member will sign in and out each meeting, for safety in the event of a fire.

“Stronger together”

(You don't have to suffer alone)