

Mental Health Support Groups

UK-wide directory — packed with groups, networks and routes into local peer support

Use this as a starting-point directory. Meeting times, venues and eligibility can change, so check the organisation's current information before attending.

UK-wide & England

Rethink Mental Illness	Coverage: England Best for: General mental health, severe mental illness and carers
A major route into local peer support. Rethink says it has more than 140 local groups across England. Groups are led within local communities and many focus on shared experience, recovery, carers or particular diagnoses. Use the group finder, then check the individual group's current joining arrangements.	
Local Minds	Coverage: England & Wales Best for: General mental health and community wellbeing
Local Mind organisations can offer peer groups, wellbeing activities, social connection, courses and other community services. Each Local Mind is independent, so provision differs by area. Search for the branch serving your postcode and check its current timetable.	
Together for Mental Wellbeing	Coverage: England Best for: Community mental health and peer support
Mind identifies Together as a route for finding support groups in England. Together provides community mental-health services in selected areas, with lived-experience and peer approaches forming part of its work. Check services by location.	
NSUN	Coverage: England / online Best for: User-led and survivor-led groups
The National Survivor User Network connects user-led mental-health groups and organisations. It can be especially useful for people seeking peer-led spaces shaped by lived experience and for finding smaller groups that may not appear in large charity directories.	
Bipolar UK	Coverage: UK Best for: People affected by bipolar, relatives and friends
Provides specialist peer support around bipolar, including group and digital support. Use its current support-group information to find the most appropriate local or online option.	
ANDYSMANCLUB	Coverage: UK & online Best for: Men aged 18+
Free peer-to-peer talking groups for men. The charity reports more than 350 locations nationwide, alongside online meetings. Face-to-face groups generally meet Mondays at 7pm except bank holidays; confirm the current venue before travelling.	
Hearing Voices Network	Coverage: UK & online Best for: People hearing voices, seeing visions or with related experiences
The network reports more than 180 groups across the UK. Its directory includes local, online and specialist groups. The approach is peer-led and based on mutual respect rather than requiring one particular explanation for people's experiences.	
Voice Collective	Coverage: UK-wide online options Best for: Children, young people, students and parents
Specialist peer-support routes connected with hearing voices and unusual sensory experiences. The HVN directory lists age-specific online groups, student spaces and parent peer support.	
SANE Support Forum	Coverage: UK / online Best for: People affected by mental-health difficulties
An online peer-support community. This may suit people who need connection from home or prefer writing to speaking. Check current moderation, privacy and crisis guidance before posting personal information.	
Togetherall	Coverage: Online; access depends on eligibility Best for: Anonymous moderated online community
An online mental-health community available through participating councils, universities, employers and other organisations. Eligibility varies, so check whether access is provided through your postcode or organisation.	
Mentell	Coverage: UK / online and local Best for: Men's mental health

Peer-support spaces for men, with current joining arrangements available through Mentell. It can offer a different atmosphere from formal mental-health services.

Hub of Hope

Coverage: UK directory
Best for: Searching for nearby support

A searchable directory rather than one support group. It is useful for finding smaller local charities, community services and helplines by area and need. Always verify details with the listed provider.

Scotland

SAMH

Coverage: Scotland
Best for: General mental health and wellbeing

SAMH's Information Service helps people identify appropriate mental-health support. Its current self-referral options include Time for You for people aged 16+ in Scotland with mild-to-moderate concerns, and it is developing walk-in Nook hubs. Search SAMH by service and area.

Bipolar Scotland – local groups

Coverage: Scotland
Best for: Adults living with bipolar; friends, family and carers

Bipolar Scotland runs free online and in-person groups. Current listings include Glasgow City, Glasgow West, Dundee, Paisley, West Lothian, North Lanarkshire and Inverness, alongside several regional online groups. You do not need to be a member to attend.

Bipolar Scotland – Bipolar Blether

Coverage: Scotland / online
Best for: Anyone in Scotland affected by bipolar

A general online discussion group open across Scotland. It can be useful for people whose nearest geographical group is too far away or who prefer joining from home.

Bipolar Scotland – 18–30 group

Coverage: Scotland / online
Best for: Young adults aged 18–30 affected by bipolar

A dedicated online group for younger adults, providing a more age-specific peer environment than a general group.

Bipolar Scotland – Family & Friends

Coverage: Scotland / online
Best for: Family, friends and carers

A dedicated online group for people supporting someone living with bipolar. This gives supporters their own space rather than requiring the person with bipolar to attend.

Bipolar Scotland – Highlands & Islands

Coverage: Scotland / online
Best for: People affected by bipolar in Highlands and Islands

Regional online support helps overcome distance and transport barriers across rural and island communities. The charity also lists an Inverness in-person option.

Health in Mind

Coverage: Scotland
Best for: Community mental health and wellbeing

Provides community mental-health services in parts of Scotland, including group and peer-based support. Availability is geographical, so use its current service information to find what operates in your area.

Penumbra Mental Health

Coverage: Scotland
Best for: Recovery-focused mental-health support

Penumbra has a service-location checker covering different areas, age groups and service types. Some services accept self-referral while others have specific referral routes. Search by area rather than assuming nationwide availability.

NHS and Health & Social Care Partnership peer groups

Coverage: Scotland
Best for: People using local mental-health services

Local NHS boards and Health & Social Care Partnerships may run recovery, wellbeing or peer-support groups. Ask the relevant local mental-health team, GP practice or community link worker what is currently available.

Wales

Adferiad

Coverage: Wales
Best for: Mental health, carers and peer support

Mind identifies Adferiad as a Welsh route into peer-support services, including befriending. Adferiad works across a broad range of needs; check its local service information for mental-health groups and access arrangements.

Local Minds in Wales

Coverage: Wales
Best for: General mental health and wellbeing

Local Mind organisations in Wales may provide peer groups, wellbeing sessions, social activities and practical support. Each branch has a different offer, so use the local finder rather than expecting the same programme everywhere.

Age Cymru

Coverage: Wales

Best for: Older adults and people affected by loneliness

Mind recommends Age Cymru as a source of information and support for older people in Wales. Local services can provide friendship, social connection and activities that may be particularly useful where isolation is affecting mental wellbeing.

Bipolar UK – Wales routes

Coverage: Wales / online

Best for: People affected by bipolar

Bipolar UK's specialist peer-support routes can be used alongside Welsh local services. Check its current group finder and online options when a local general mental-health group does not meet the need.

Hearing Voices Network groups in Wales

Coverage: Wales / online

Best for: People hearing voices or experiencing visions

Use the national Hearing Voices Network directory to identify Welsh or online groups. This can provide a specialist peer space distinct from general mental-health support.

Carers Wales and local carers' services

Coverage: Wales

Best for: Family members and unpaid carers

Local carers' services can provide groups and connection for people supporting someone with mental-health difficulties. Ask specifically for mental-health carer peer support and check whether the group is local, online or condition-specific.

NHS Wales / local health-board community groups

Coverage: Wales

Best for: People seeking local clinical and community support

Health boards and community mental-health services may know of recovery groups, wellbeing programmes and third-sector peer support. Ask a GP, community mental-health service or local third-sector coordinator for current provision.

Northern Ireland

AWARE NI – support-group network

Coverage: Northern Ireland

Best for: Adults 18+ with low mood, anxiety, depression or bipolar; carers

AWARE NI currently states that it has 24 support groups across Northern Ireland plus online options. Groups are free, have no waiting list and do not require referral. They are peer-led and facilitated by trained volunteers.

AWARE NI – Belfast groups

Coverage: Belfast

Best for: Low mood, anxiety, depression and bipolar

AWARE's current directory lists multiple Belfast options, including East, North morning/evening, South and West. This gives people several city locations rather than one central meeting.

AWARE NI – regional groups

Coverage: Northern Ireland

Best for: Low mood, anxiety, depression and bipolar

The current directory includes groups such as Carrickfergus, Lisburn, Lurgan, Enniskillen, Omagh and Strabane, with further locations listed by the charity. Check the live directory for dates and venues.

AWARE NI – online groups

Coverage: Northern Ireland / online

Best for: Adults who cannot or prefer not to attend in person

AWARE also offers Zoom-based peer groups. These can reduce travel barriers and may be useful for rural areas, disability, anxiety or caring responsibilities.

Inspire Wellbeing – Right Support Right Time

Coverage: Northern Ireland + specified border counties

Best for: People aged 16+ seeking group wellbeing support

Group sessions cover topics including anxiety, grief and loss, relationships, sleep, mental health and addiction, conflict and life changes. Sessions are offered in person and online; Inspire publishes current joining information.

MindWise

Coverage: Northern Ireland

Best for: Mental health, recovery and lived-experience support

MindWise provides mental-health services across Northern Ireland. Some programmes include lived-experience and local peer-support groups; eligibility varies by service, so check the current service directory.

Hearing Voices Network – NI / online routes	Coverage: Northern Ireland / online Best for: People hearing voices or experiencing visions
The UK Hearing Voices Network directory can be searched for appropriate local or online peer groups, giving a specialist route beyond general depression/anxiety support.	
Carers and family support	Coverage: Northern Ireland Best for: Family members and carers
AWARE welcomes carers to its support-group network, while other local carers' organisations and mental-health services may offer separate family spaces. Ask whether the supporter can attend alone and whether the group is diagnosis-specific.	
Community and NHS mental-health groups	Coverage: Northern Ireland Best for: People seeking local services
GPs, community mental-health teams and local voluntary-sector directories can identify smaller groups that do not appear in national lists. This is particularly useful outside the larger towns and cities.	

More routes into support

Age UK local services	Coverage: England and UK network Best for: Older adults, loneliness and social connection
Local Age UK services can include friendship groups, activities and wellbeing support. They are not all formal mental-health groups, but can be valuable when loneliness and isolation are contributing to poor mental health.	
Men's Sheds	Coverage: UK network Best for: Men seeking connection through shared activity
Men's Sheds provide community and purposeful activity rather than formal therapy. They can suit people who find direct group discussion difficult but benefit from regular contact, routine and shared interests.	
NHS peer-support and recovery groups	Coverage: UK; local provision Best for: People using or seeking NHS mental-health services
Some NHS services run peer, recovery, condition-specific or wellbeing groups. Ask the relevant service what is available and whether self-referral is possible.	
Carers' centres and family groups	Coverage: UK; local provision Best for: Partners, relatives and unpaid carers
Local carers' centres frequently provide groups, information and social support. Ask specifically about mental-health carers' groups, as these may be separate from general carers' activities.	
Community centres, libraries and voluntary-sector hubs	Coverage: UK; local provision Best for: People seeking informal local connection
Smaller wellbeing and peer groups are often advertised locally rather than through national charities. Community hubs, libraries and voluntary-sector councils can be useful sources of current information.	

Before attending

Check whether the group is currently running, whether it is online or face-to-face, whether booking or referral is needed, any age/location rules, accessibility, cost, confidentiality and whether you may bring a supporter. If a first group does not feel right, another format or group may suit you better.

Urgent support

Peer groups are not emergency services. If there is immediate danger to life, call 999 or go to A&E.; Samaritans can be contacted free on 116 123. For urgent professional mental-health help, use the current NHS urgent-care route for your UK nation.

A message from Space to Breathe Therapy

You do not have to arrive with the right words or tell your whole story. You can listen first, ask what to expect, bring support where permitted and choose a group that respects your communication, sensory and emotional needs. Finding the right space may take more than one attempt.

Information checked September 2026. Group availability changes; always confirm current details directly with the organisation.