

Depression & Low Mood Support Groups - UK Wide

A practical directory of peer support, community services and low-mood resources across the UK. Details were checked in September 2026; local schedules can change, so it is sensible to confirm before travelling.

England - depression, anxiety and emotional distress

PeerTalk - Alton	Coverage Alton, Hampshire	Best for Adults 18+
Weekly face-to-face peer support for adults living with depression, anxiety or emotional distress. No advance registration is required; people can attend and listen without pressure to speak.		
PeerTalk - Batley	Coverage Batley, West Yorkshire	Best for Depression / anxiety
Weekly volunteer-facilitated peer support in a confidential group setting. PeerTalk meetings generally last around 60-90 minutes and focus on sharing, listening and practical encouragement.		
PeerTalk - Bordon	Coverage Bordon, Hampshire	Best for Adults 18+
A weekly evening group for adults experiencing depression, anxiety or related emotional distress. Newcomers can simply attend; the group is designed around mutual peer support.		
PeerTalk - Bradford	Coverage Bradford	Best for Low mood / distress
Weekly evening support group using PeerTalk's facilitated peer model. Participants can share if they wish or simply listen while getting used to the group.		
PeerTalk - Guildford	Coverage Guildford, Surrey	Best for Adults 18+
Weekly evening peer-support meeting for adults affected by depression, anxiety and emotional distress, with trained volunteer facilitators.		
PeerTalk - Farnham	Coverage Farnham, Surrey	Best for Depression / anxiety
Weekly face-to-face support group. PeerTalk describes its groups as welcoming spaces for sharing and listening, with no appointment needed.		
PeerTalk - Huddersfield	Coverage Huddersfield	Best for Adults 18+
Weekly evening peer support for people facing depression, anxiety and emotional distress. Family or friends may help someone arrive for a first meeting, while the meeting itself is for participants.		
PeerTalk - Leeds	Coverage Leeds	Best for Depression / anxiety
Weekly evening group offering a structured but informal peer-support environment. The focus is connection, listening and coping with depression or emotional distress.		
PeerTalk - Preston (morning)	Coverage Preston	Best for Adults 18+
Weekly morning PeerTalk meeting for adults. No referral or appointment is needed, making this a useful option for someone who wants a regular local group.		
PeerTalk - Preston (evening)	Coverage Preston	Best for Evening option
A second weekly Preston option, meeting in the evening. Useful where work, caring or energy levels make daytime attendance difficult.		
PeerTalk - Skipton	Coverage Skipton	Best for Adults 18+
Weekly evening peer support for depression, anxiety and related emotional distress, led by trained volunteer facilitators.		

PeerTalk - South Shields	Coverage South Shields	Best for Depression / anxiety
Weekly face-to-face group providing a place to talk, listen and meet others living with similar emotional difficulties.		
PeerTalk - Gateshead	Coverage Gateshead	Best for Adults 18+
Weekly evening peer support for adults living with depression, anxiety or emotional distress.		
PeerTalk - North Shields	Coverage North Shields	Best for Peer support
Weekly group offering mutual support and connection for people experiencing depression, anxiety and emotional distress.		
PeerTalk - Whitley Bay	Coverage Whitley Bay	Best for Adults 18+
Weekly evening support group. New attendees do not need to register in advance.		
PeerTalk - Warrington	Coverage Warrington	Best for Peer support
Weekly evening peer-support group for adults affected by depression, anxiety and emotional distress.		

England & Wales - local community routes

Local Minds	Coverage England & Wales	Best for Local support
Local Minds provide different forms of group and community mental-health support across England and Wales. Services vary by area, so the local branch is the best place to check for depression, low-mood, wellbeing or peer groups.		
NHS peer support / community mental-health groups	Coverage Local NHS areas	Best for Clinical + peer routes
Some NHS services run peer groups through hospitals, community mental health teams or talking-therapy services. Access rules vary: some groups accept self-referral while others require a GP or clinical referral.		
Rethink Mental Illness groups	Coverage England	Best for Community support
Rethink provides information on local groups and services in England, including peer and community support. Availability and focus vary by location.		
Together UK	Coverage Parts of England	Best for Recovery / community
Together UK provides community-based mental-health services in parts of England. Local services may include peer support, wellbeing activities and practical recovery-focused help.		
NSUN peer-support network routes	Coverage England / online	Best for User-led support
The National Survivor User Network connects people with lived-experience and peer-support activity. It can be useful when looking for independent or user-led support beyond traditional services.		

Wales

Mind Cymru - 15 Local Minds	Coverage Across Wales	Best for Local community help
Mind Cymru reports 15 Local Minds across Wales, each offering services tailored to its community. Depending on area, this can include wellbeing groups, peer support, activities, advice and other mental-health support.		
Adferiad - Mental Health & Wellbeing	Coverage Across Wales	Best for Wellbeing / recovery

Adferiad provides services across Wales for mental health and wellbeing, including early intervention, drop-in support hubs, community engagement, sanctuary-style support and other locally commissioned services.

Adferiad local service finder

Coverage
Wales by county

Best for
Finding local services

Adferiad's directory can be searched by county and support need. This is useful because individual projects and eligibility differ across Wales.

NHS Wales Talking Therapies

Coverage
Wales

Best for
Therapy / groups

Local NHS talking-therapy services can support depression, anxiety and stress, often through self-referral routes. Group programmes may be available depending on health board.

Scotland

Health in Mind - Anxiety & Depression Peer Support

Coverage
Edinburgh

Best for
Depression / anxiety

Peer-led support for people living with depression, low mood, stress or anxiety. Health in Mind currently offers both in-person and online Edinburgh groups on a drop-in basis; an Edinburgh postcode is required.

SAMH - The Nook

Coverage
Glasgow & Aberdeen

Best for
Walk-in support

Free walk-in mental-health support hubs with no appointment or NHS referral required. The Nook is currently open in Glasgow and Aberdeen and includes access to support and group activities.

SAMH - Sam's Cafe

Coverage
Fife

Best for
16+ / peer support

A peer-support project across Fife staffed by peer workers with lived experience. It offers free drop-in mental-health and crisis support and also supports family, carers and friends.

SAMH - Expeerience Counts

Coverage
North Lanarkshire

Best for
Recovery / peer support

Peer-support service for people in North Lanarkshire who are experiencing or recovering from mental-health problems. Peer workers bring their own lived experience to the role.

SAMH - Time for You

Coverage
Scotland / remote

Best for
16+ low mood

Online or telephone one-to-one wellbeing support for people aged 16+ in Scotland with mild-to-moderate concerns including low mood, anxiety, low confidence, stress and low motivation.

Breathing Space

Coverage
Scotland

Best for
Immediate listening

A free confidential phone and webchat service for people aged 16+ in Scotland who are experiencing low mood, depression or anxiety. It is not a group, but is an important bridge when someone needs support outside group hours.

ALISS community directory

Coverage
Across Scotland

Best for
Local discovery

Scotland's ALISS directory can help people locate local services, groups and activities when a named national group is not available nearby.

Northern Ireland

AWARE NI - Belfast East

Coverage
Belfast East

Best for
18+ / carers

AWARE's peer-led support groups are for adults affected by depression, including bipolar disorder, and also welcome relatives, carers and friends. Groups are free and no referral is needed.

AWARE NI - Belfast North (morning & evening)

Coverage
Belfast North

Best for
Depression / low mood

Two Belfast North options are listed, offering greater flexibility for people who need daytime or evening attendance.		
AWARE NI - Belfast South	Coverage Belfast South	Best for 18+ / families
Local AWARE peer-led group for adults living with depression, anxiety, low mood or bipolar and for people supporting them.		
AWARE NI - Belfast West	Coverage Belfast West	Best for Peer support
Free peer support within AWARE's Northern Ireland network. Meetings are facilitated by trained volunteers with lived or caring experience.		
AWARE NI - Carrickfergus	Coverage Carrickfergus	Best for 18+
Local support group within AWARE's established network for people affected by depression and related conditions.		
AWARE NI - Lisburn	Coverage Lisburn	Best for Low mood / depression
Free local AWARE support group with no waiting list or referral requirement.		
AWARE NI - Lurgan	Coverage Lurgan	Best for 18+ / carers
Peer-led support for adults affected by depression, anxiety, low mood or bipolar, including carers and relatives.		
AWARE NI - Enniskillen	Coverage Enniskillen	Best for Depression / anxiety
Local AWARE support group in Fermanagh, providing confidential peer support and shared coping strategies.		
AWARE NI - Omagh	Coverage Omagh	Best for 18+
Peer-led support group in Tyrone, part of AWARE's Northern Ireland network.		
AWARE NI - Strabane	Coverage Strabane	Best for Peer support
Local group for adults affected by depression and related difficulties, with trained volunteer facilitators.		
AWARE NI - Newcastle	Coverage Newcastle, Co. Down	Best for 18+
Weekly AWARE group in County Down. AWARE's group model is confidential, peer-led and focused on shared understanding and self-help strategies.		
AWARE NI - Online Support Groups	Coverage Northern Ireland / online	Best for Remote peer support
Weekly Zoom groups for adults with experience of depression, anxiety or bipolar disorder, especially useful for people who cannot or do not feel ready to attend face-to-face.		

Before going to a group

Check the latest details first. Group times, venues, eligibility and referral arrangements can change. It is reasonable to ask whether you can simply listen at first, whether someone can accompany you to the venue, whether the group is accessible, and whether online attendance is available. A peer-support group can sit alongside therapy, GP care or medication, but it is not a replacement for urgent or emergency mental-health care.

Information check

Directory information checked 21 September 2026 against current public information from PeerTalk, AWARE NI, Mind/Mind Cymru, SAMH, Health in Mind and Adferiad. This directory is intended to make the first search easier; always confirm current arrangements with the organisation before attending.