Trauma & PTSD Support Groups - UK Wide

A wider directory combining dedicated PTSD/CPTSD peer support with smaller local and community routes. Specialist trauma groups are clearly distinguished from general peer groups. Information checked 21 September 2026; schedules and eligibility can change.

Dedicated PTSD & trauma peer support - North West England

Sole Survivor PTSD Support - Birkenhead

Coverage: Birkenhead, Wirral
Best for: PTSD / stress / trauma

Free weekly trauma-informed, peer-led meeting at Wirral Mind. A formal PTSD diagnosis is not required; people are not pressured to discuss their trauma and family or a friend can attend. The service can arrange a pre-visit tour for someone anxious about the venue.

Sole Survivor PTSD Support - Liverpool

Coverage: Liverpool city centre
Best for: PTSD / trauma

Free weekly face-to-face PTSD, stress and trauma peer support at Liverpool Central Library. The organisation offers to meet anxious newcomers at the door and does not require disclosure of past trauma.

Sole Survivor - Online PTSD Group

Coverage: UK & beyond / online
Best for: Remote peer support

Weekly online peer-support meeting for people who cannot attend Liverpool or Wirral in person. The same trauma-informed, low-pressure approach is used.

Wirral Pathfinders - Tuesday Support Group

Coverage: Bebington, Wirral
Best for: Community peer support

Small independent mental-health self-help group in Bebington. It is not a specialist PTSD service, but can be useful as local community support alongside trauma treatment. Newcomers can have an introductory chat and be accompanied into their first meeting.

Scotland - smaller trauma-informed peer routes

Future Pathways - Stirling Peer Support

Coverage: Stirling
Best for: In-care childhood trauma

Small peer-support session for adults registered with Future Pathways, a service for people abused or neglected as children while in care in Scotland. Sessions are capped and there is no pressure to share lived experience.

Future Pathways - Inverness Peer Support

Coverage: Inverness
Best for: In-care survivors

In-person peer session with a maximum of 15 people, focused on connection and supportive relationships rather than requiring disclosure.

Future Pathways - Aberdeen Peer Support

Coverage: Aberdeen
Best for: Childhood abuse / neglect

Small in-person peer session within the 2026 programme. Registration with Future Pathways is required.

Future Pathways - Glasgow Peer Support

Coverage: Glasgow
Best for: In-care survivors

In-person peer-support sessions at the Mitchell Library; the programme emphasises choice, social connection and trauma-informed support.

Future Pathways - Perth Peer Support

Coverage: Perth
Best for: In-care survivors

Small in-person 2026 peer session with limited places and support available around transport where possible.

Future Pathways - Irvine Peer Support

Coverage: Irvine
Best for: In-care survivors

Local in-person peer session within Future Pathways' Scotland programme, maximum 15 participants.

Future Pathways - Edinburgh Peer Support

Coverage: Edinburgh
Best for: In-care survivors

Small in-person peer session in Edinburgh for registered adults, with no pressure to describe traumatic experiences.

Future Pathways - Online Peer Support

Coverage
Scotland / online

Best for
Remote trauma peer support

Online sessions capped at around 12 people for registered adults who prefer remote participation or live further from venues.

Local community support - Cornwall & South West

Cornwall Mind - Supportive Minds Bodmin

Coverage
Bodmin, Cornwall

Best for
Local peer connection

Local community mental-health peer support. Not a specialist PTSD group, but useful for reducing isolation and building regular support around trauma recovery.

Cornwall Mind - Supportive Minds Newquay

Coverage
Newquay, Cornwall

Best for
Community support

Community wellbeing and peer-support route for adults who want local connection alongside any specialist trauma care.

Cornwall Mind - Supportive Minds Redruth

Coverage
Redruth, Cornwall

Best for
Peer wellbeing

Local peer and wellbeing support. Suitable as an additional layer of community connection rather than a substitute for specialist PTSD treatment.

Cornwall Mind - Supportive Minds Penzance

Coverage
Penzance, Cornwall

Best for
Local support

Local mental-health community support for adults, including people whose wellbeing is affected by trauma.

Cornwall Mind - Supportive Minds Hayle

Coverage
Hayle, Cornwall

Best for
Community connection

Community-based support that can help with isolation, routine and connection during trauma recovery.

Cornwall Mind - Supportive Minds Wadebridge

Coverage
Wadebridge, Cornwall

Best for
Peer support

Local peer-support route for people wanting a smaller community setting.

Cornwall Mind - Supportive Minds Looe

Coverage
Looe, Cornwall

Best for
Local wellbeing

Community support option in East Cornwall; check current timetable before attending.

Cornwall Mind - Supportive Minds Liskeard

Coverage
Liskeard, Cornwall

Best for
Community support

Local community peer support, useful where a dedicated trauma group is not available nearby.

Specialist trauma routes & communities

UK Complex Trauma, CPTSD & Codependency Support Group

Coverage
UK / online

Best for
CPTSD / complex trauma

Peer-to-peer community focused specifically on complex trauma, CPTSD and codependency. Meetings and availability should be checked directly with the group before attending.

Combat Stress - Peer Support

Coverage
UK

Best for
Veterans

Veteran-focused peer-support provision for people affected by military trauma, PTSD or complex PTSD. Local and virtual options vary, so veterans should check current availability directly.

Traumatic Stress Wales

Coverage
Wales

Best for
PTSD / CPTSD pathways

A national NHS Wales network improving access and pathways for people affected by PTSD and CPTSD. It is not itself a peer group, but is included as a route into appropriate locally based trauma services.

Galop - LGBT+ Recovery Groups

Coverage
Wales / online programmes

Best for
LGBT+ survivors

Specialist structured recovery support for LGBT+ adults affected by abuse or violence. Availability is programme-specific, so current group dates and eligibility should be confirmed directly.

When a trauma-specific group is not nearby

Local Mind peer groups

Coverage
England & Wales

Best for
Local community support

Many Local Minds run smaller peer, wellbeing, walking or activity groups. These are not automatically specialist trauma services, but can offer connection while someone waits for or attends trauma-focused treatment.

Rethink local groups

Coverage
England

Best for
Peer / carer support

Local Rethink groups vary by area and may provide peer or carer support. Check whether a group is appropriate for trauma-related needs before attending.

NHS Talking Therapies - PTSD pathways

Coverage
England / local NHS

Best for
Clinical trauma treatment

Local NHS Talking Therapies services may provide evidence-based PTSD treatment. Some services also run groups, although trauma-focused treatment itself may be individual rather than group-based.

Community survivor services

Coverage
UK local areas

Best for
Abuse / violence survivors

Local domestic-abuse, sexual-violence and survivor organisations may run small facilitated groups that are not widely advertised nationally. Local referral hubs and specialist charities can therefore uncover options missing from national directories.

Before going to a group

You do not have to tell your trauma story. Ask whether the group is peer-led or clinically facilitated, whether it is specifically trauma-informed, whether a diagnosis or referral is needed, whether you can simply listen, and whether someone can accompany you. A general community group can reduce isolation, but it should not be described as specialist PTSD treatment unless it genuinely provides that service.

Information check

Current details were checked against public information from Sole Survivor PTSD Support CIC, Future Pathways and other local/specialist service information. The directory deliberately includes small local groups as well as national routes, while labelling non-specialist community support clearly.