

This leaflet was produced with support from

CornerHouse

Woking Mental Health Resource Centre Ltd

Thank you!

www.cornerhousewoking.org.uk

Useful Telephone Numbers

The Samaritans

03457 90 90 90
jo@samaritans.org
www.samaritans.org

Woking Community
Mental Health Team
-Bridgewell House-
01483 756318

CornerHouse
01483 757461

Open Door Counselling Service
01483 224752

Rethink Carers Support
01483 724244

Eating Disorder Support Groups
01483 757461

Rape/Sexual Abuse Support Centre
01483 546400

Shifa - Asian Women's MH Group
07795 430517

Woking Accord Social Group
01483 757461

Woking MIND
01483 766998

Older People's Mental Health Support Group

- Woking -

CornerHouse
2 Courtenay Road
Woking • Surrey • GU21 5HQ



01483 757461

info@cornerhousewoking.org.uk
www.cornerhousewoking.org.uk

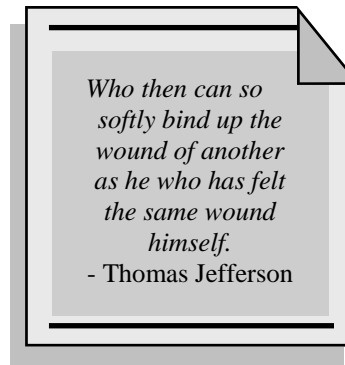
The Woking Older People's Support Group provides a forum where people affected by mental health problems can meet to share experiences and coping strategies with others in similar situations.

Meetings are not the same as therapy (although they do have therapeutic value) but many people find that they gain much from the support and understanding of fellow members.

The group is open to anyone over 65 who is affected by mental health problems, and is not limited to people living in Woking.

If you are interested in coming along, or would like further details or information then please call:

01483 757461



The Group aims to provide...

- ✓ A safe place in which to be listened to with respect and understanding, and in confidence.
- ✓ An opportunity for emotional, practical and social support.
- ✓ A chance to share information, experiences and perceptions with fellow sufferers.

Older People's Support Group
- Woking -
CornerHouse
2 Courtenay Road
Woking • Surrey
GU21 5HQ

Tel: 01483 757461

What we do...

The group meets weekly on a Tuesday at CornerHouse from 2pm-4pm

The group is free, confidential and open to anyone over 65 who is affected by mental health problems.

Tea and coffee are available, as are 'comfy' chairs in a friendly and informal setting.

Respect is shown to members who are unwilling or unable to talk, and nobody is forced to 'join in'.

It can be difficult to go to a group if you are feeling low, but anyone is welcome to bring a friend or relative with them.

As well as providing a chance to meet and talk with others, we run a programme of talks and advice on mental health issues.

...Join us !!!!!