

A self help group can offer you support.

Self help groups are formed and run by people who share a common health condition, life experience or issue.

Did you know that Self Help UK can support new or existing groups? E.g.

- Setting up
- Finding funding
- Promotion
- Training

If you already belong to a group and would like support, please contact us.



Self Help UK's support has been invaluable

Want to talk to people who will understand?

Find a local group. Call our Information line:

0115 911 1661 (Mon-Fri 9am-1pm)

or view our online Directory:

www.selfhelp.org.uk/Directory

📞 0115 911 1662

✉ outreach@selfhelp.org.uk



self help uk