



Bipolar Peer Support Group

Take Off is running a bipolar support group to support positive mental wellbeing. Our group offers a safe space to talk and socialise with others experiencing the same condition.

Here you will meet people in our peer support group who started where you are and have seen what you have seen and have moved forward to a place of security and recovery. This provides you with a regular reminder that healing, hope, and understanding is possible.

The group runs monthly on a Monday from 6pm at the Canterbury base.

For any further information, please feel free to get in contact using the details here or use the contact form on our website.

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Somewhere you can
get support, advice
and have fun

Learn a new skill

100% service user led

Free to attend

Regular attendance
welcome

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Charity no.: 1069836