



OCD Support and Recovery Group at MhIST

First meeting starts on **Monday 8th April** 6:30 - 8:30pm
and then **every two weeks** from 6:30 - 8:30pm

No appointment is necessary, just turn up.

The group is very relaxed and informal and members have the opportunity to talk openly with each other, discuss relevant topics, and exchange coping strategies.

We will work with people to set goals and develop a recovery action plan. If you have OCD or know someone who is struggling with OCD, please pass on the details of the group.

Please note: this is a support group and does not take the place of any formal therapy.



mhIST

Telephone the office for more information on **01204 527200** or email help@mhist.co.uk

MhIST, Hanover House, Hanover Street, Bolton BL1 4TG