

## Comments about BIG

Service users were asked how attending the groups makes them feel. Here are some of their responses:

“Learning we are not alone as sufferers”.

“Gives me light at the end of the tunnel”.

“It’s a supportive atmosphere where I can make friends”.

“It’s helpful to hear professionals, the topics are good and informative”.

“It helps me to understand my panic attacks and it helps when discussing anxiety with like-minded people”.

## Visit our Facebook page and follow us on Twitter



[www.facebook.com/buryinvolvementgroup](http://www.facebook.com/buryinvolvementgroup)

Like our Facebook page



Follow us on twitter

@BIGMentalHealth

## Volunteering for BIG

BIG in Mental Health regularly recruits new volunteers. If you have a few hours to spare on a regular basis and you would like to join our friendly team please contact us. It is a good way of giving something back to your community and you will find it rewarding, gain skills and make new friends.

## Donations

We greatly appreciate any donations to enable us to maintain and expand our service. Please donate today and together we will continue to improve the quality of people’s lives.

Donate on-line through our charity giving sites.

Details are on our website:

[www.buryinvolvementgroup.org](http://www.buryinvolvementgroup.org)

**JustGiving**

TOTAL  
**GIVING**

Donate by cheque made payable to  
‘Bury Involvement Group’ and post to:

Postal address :

**BIG in Mental Health,  
Unit 54 Bury Business Centre,  
Kay Street, Bury,  
BL9 6BU**

Telephone: 0161 222 4005 / 07758737616

E-mail: [mentalhealth@buryinvolvementgroup.org](mailto:mentalhealth@buryinvolvementgroup.org)

Bury Involvement Group is a registered charity in  
England (Charity Number 1166584)

# BIG in Mental Health

*‘recovering together’*



Bury Involvement Group is a user led charity promoting good mental health recovery through providing support and hope, empowering adults to improve their quality of life.



[www.buryinvolvementgroup.org](http://www.buryinvolvementgroup.org)

Charity No: 1166584

## Who we are

BIG is a local charity for adults who are experiencing mental health conditions. We are a strong independent voice in mental health. We are based in Bury but people from other areas may attend.

BIG is proud to have won 'The Queen's Award for Voluntary Service' in 2014. Thank you to all our volunteers who have dedicated their time and passion to enable us to achieve this.

## What we do

- \* Prevent isolation by providing opportunities for people to meet others, share experiences and gain mutual support.
- \* Run free support groups weekly which require no booking or commitment, just turn up.
- \* Teach people about mental health, improving knowledge and understanding.
- \* Provide information and signpost people to relevant organisations.
- \* Discuss mental health services and consult decision makers in order to make improvements.
- \* Build relationships between service users, clinicians and other professionals.
- \* Promote well-being, striving to prevent illness.

## ANXIETY & DEPRESSION GROUP

SHARE EXPERIENCES AND LEARN HOW TO MANAGE ANXIETY & DEPRESSION

**MONDAYS**

6.30pm-8.30pm

Re-start Room, Castle Leisure Centre,  
Bolton Street, Bury, BL9 0EZ

## DROP-IN

FIND OUT ABOUT BIG AND OTHER SERVICES OR CALL IN FOR A CHAT

**FRIDAYS**

1pm-3pm

Bury United Reformed Church,  
Parsons Lane, Bury, BL9 0LY

## RECOVERY GROUP

TALKS AND DISCUSSIONS ABOUT MENTAL HEALTH

**TUESDAYS**

6.15pm-8.15pm

Bury United Reformed Church,  
Parsons Lane, Bury, BL9 0LY

## SOCIAL

ARTS, CRAFTS, MUSIC, GAMES, QUIZZES, CREATIVE WRITING

**SUNDAYS**

1pm-3pm

Re-start Room, Castle Leisure Centre,  
Bolton Street, Bury, BL9 0EZ

## DUAL RECOVERY GROUP

MENTAL HEALTH WITH ALCOHOL/DRUG PROBLEMS

**WEDNESDAYS**

6.30pm-8.30pm

The Old Court House,  
Tenterden Street, Bury, BL9 0AL  
Abstinence Group (Do not turn up under the influence).

Further information about our groups can be found at

[www.buryinvolvementgroup.org](http://www.buryinvolvementgroup.org)

or

Telephone: 07758737616