

Andromeda

A peer support group for family, friends and supporters of people with complex emotional needs and interpersonal difficulties

Our carers support group will offer you an opportunity to chat and share experiences with other carers, to get information and advice, and to focus on your wellbeing as carers.

**Do you support a friend or relative with a 'personality disorder' or complex emotional needs?
This group may be for you!**

Cost: Completely free of charge.

Where: the group usually meet online, but sometimes in person depending on interest and availability.

When: on the third Tuesday of every month. Please contact us for more information or alternative group options if you are unable to meet on Tuesdays.

For more information or to express your interest, please email:

Emergcarers.lypft@nhs.net



Or check out our website: <https://www.leedsandyorkpft.nhs.uk/our-services/emerge-leeds/carers-families-friends-supporters/>

“This group is helpful as you can talk freely about your experience as a carer with the likelihood that what you say will resonate with someone else....Attending the carers group is a really positive and affirming experience and has allowed me to form meaningful friendships with people I would not have otherwise met”.

Carers Leeds in partnership with Leeds Personality Disorder Clinical Network

