



DBT Graduate Peer Support

This group is for people who have completed Dialectical Behavioural Therapy (DBT) Skills training and who would benefit from ongoing peer support to continue using skills they have learned to achieve a life that they view as being worth living.

The group is open to residents of Bedfordshire and Luton and provides an opportunity for those with lived experience to meet together in a safe, supportive space where they can talk about, refresh and improve their understanding of DBT skills. The group is supported by the East London NHS Foundation Trust (ELFT).

For more information, please contact:

e: hq@mind-blmk.org.uk
t: 0300 330 0648

How to access support

For most people, self-referral is the simplest way to access our service.

If you have completed at least 16 sessions of Dialectical Behavioural Therapy (DBT) Skills training and would like to refer yourself (or if you are a professional referring someone) to this group, you can do this by completing our online referral form on our website or by downloading the 'DBT Access to Services' form following the QR link above.

Dates and Times:

Every other Tuesday via Zoom
Time: 10.30am - 12.30pm.



www.mind-blmk.org.uk

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