



# Complex Emotional Needs Peer Support Group (MK)

The Complex Emotional Needs (CEN) peer group provides a safe, supportive space for individuals who are experiencing difficulties with emotional regulation and who would benefit from support in a peer group setting.

The service enables individuals to feel less isolated by sharing their experiences of complex emotional needs, and by providing help, advice and encouragement to other members of the group.

## **Who is the group for?**

The group is for individuals aged 18+ and who live in Milton Keynes.

Individuals will describe themselves as having complex emotional needs and may have an associated 'personality disorder' diagnosis. Those without diagnosis are also eligible to join the group if they are experiencing difficulties associated with complex emotional needs.

## **What support is available?**

Peer support workers will support individuals to complete a Resource Support and Safety Plan (RSSP) and members will be encouraged to support one another to add to the plan during sessions. Groups meet on a fortnightly basis, either face to face at Queensway Clinic in Bletchley or via Zoom, and last for 1.5 hours

## **How to access support**

Referrals can be made by completing the referral form on our website.

Individuals can self-refer or be referred by a third party, such as GP, mental health worker, friends and family.

## **For more information please contact:**

**e:** [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)

**t:** 0300 330 0648



[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)

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