



## *Out of the Box*

**A fortnightly support group for people trying to reduce and come off psychiatric drugs**

**Come along and....**

...share your experiences in a respectful and friendly atmosphere...give and get support, advice and encouragement from people with experience of being on and coming off medication...explore alternative ways of thinking about mental health and living life

**Thursdays 2.00-3.30p.m.**

**Room M, School of Health Building, RSH**

**Contact: [guy.holmes@nhs.net](mailto:guy.holmes@nhs.net)**