

Relatives and friends of people with mental crises

Nothing is as it was? Nobody seems to understand? You feel alone and lost because someone you care about seems to be going "mental"?

Come along to our group to talk, listen, share. We are all in a similar situation with someone very dear to us going through psychological crises – until we ourselves get into a crises. So let's get together to make things more bearable as we see that others have similar problems and inspire each other to deal with them differently.

We are always happy to welcome new members no matter who you are, where you are from or what your situation in life.*

* The only thing we do not accept are any forms of racism or sexism.