



Metal for Life NI Peer Support Groups

Central Belfast - Saturday afternoons (2 per month)

Ballyclare - Thursday evenings (1 per month)

Time and location confirmed following registration.

Sociable, therapeutic chat groups.

Free-of-charge. Confidential.

No referral required. No waiting lists.

Available when you need it.

To join us, click any **REGISTER TODAY!** button on
www.metalforlifeni.co.uk

If you have any questions about Metal for Life NI please contact us in confidence on:

 Metal for Life NI

 @metalforlifeni

 @MetalforLifeNI

www.metalforlifeni.co.uk

email: info@metalforlifeni.co.uk

Metal for Life NI is a non-profit charitable organisation which supports the mental health and emotional well-being of Metal and Rock Music fans in Northern Ireland. Metal for Life NI is registered with the Charity Commission for Northern Ireland and funded by the Public Health Agency through Impact Network NI Mental Health & Suicide Prevention Grants Scheme.

Here's what Metal for Life NI Support Group attendees say:

"Metal for Life has given me my voice back. It's a place where I can be myself and talk to like-minded people. I can talk about anything without fear of judgement. It's a wonderful feeling."

"I feel like I really belong. It's like I've learned a new language - how to explain what's on my mind without fear."

"Metal for Life has taught me new ways of managing my own mental health."

"Metal for Life provides us with the knowledge of mental ill health, how to combat symptoms effectively and how to cope when things aren't going as they should."

"Metal for Life has made me realise I'm not alone. We all have our different experiences... it's good to know other people have similar feelings and that there is someone there for help and support."

"Despite loving metal and going to a lot of gigs, I don't know a lot of people from the metal community. The group has helped me get to know more people, which has been a huge boost for my confidence."

"Metal for Life has given me a safe space to say 'I'm not OK, but that's OK.' It has given me tools and resources to know that I no longer need to be ashamed of the way I feel, in spite of what my illness tells me!"

"For the first time ever, I have sought help instead of dealing with it myself. It's a step in the right direction to escape the vicious cycle of suicidal thoughts."

"By giving me a chance to speak, and more importantly be listened to, Metal for Life taught me that I can be valued."

"The support group greatly helped me at a time when I was really low and isolated due to illness. I know I can go there and won't be judged."

Here's what Metal for Life NI Support Group attendees say:

"I'm now at the point where I can cope with most things life throws at me, something I never thought I'd be able to say. This means I can also give others in the group hope and encouragement, giving me a purpose I never knew I had."

"What you guys are doing will save lives, I have no doubt. Thankful to be a part of it!"

"Coming to Metal for Life groups has boosted my confidence and self-esteem immensely."

"It's a group where I can go for friendly support with respect. They're always there to listen and help."

"Sharing your thoughts, or how you're feeling, with others really helps. I'm glad I did speak up."

"Thank you for starting this group and thanks to all of you for helping me realise it is not weakness to talk or seek help."

"This group has been a tremendous source of support and comfort to me. Many thanks."

"Couldn't do this without you guys. Literally! Sincere thank you for all your hard work and dedication."

You may join a Metal for Life support group if you:

- Live in Northern Ireland and are over 18
- Are interested in Metal or Rock music
- Would like to help improve the mental health of yourself or others
- Register at www.metalforlifeni.co.uk

What is a Metal for Life NI Support Group?

- Like-minded metal/rock fans provide mental and emotional support to each other in small groups.
- Sociable, relaxed, therapeutic chat facilitated by trained, experienced volunteers
- Everyone both gives and receives support in confidence
- Everyone is treated with respect, as equals, without judgement
- Support is enhanced by projects, events, trips, workshops and guest speakers
- Loads of chat about bands, gigs and events, too!
- Free-of-charge. Confidential. No referral required. No waiting lists.

Benefits of attending a Support Group

- We provide a safe environment for like-minded people to talk through and resolve issues together, in confidence.
- We often feel more comfortable talking to other people who have similar views and interests.
- Talking can help us feel less alone and better understood.
- The groups provide a feeling of belonging, hope and strength.
- We can be inspired and encouraged by others in the group, gaining useful information, ideas and self-help strategies.
- Through good communication, respect and inclusivity, we are better equipped to handle life events.

Together, we can empower each other to reduce anxiety, build confidence, improve self-esteem and promote a sense of well-being.

