



EVERY JOURNEY NEEDS A FIRST STEP

"It's nice to know you're not alone."

Women A.S.K. is a Rotherham based women's mental health support group for women over 18 years old.

EVERY WEDNESDAY 7PM - 9PM

"My wife attends Women A.S.K and has done since its inception. The improvement I have noticed in her mental well-being is phenomenal. She attends every week whether she has a good or bad one, she gives support and receives support when needed. This group has really changed our lives for the better long may it continue. I would like to thank Women A.S.K for everything that they do." - *Anonymous*

"Before I came to Women A.S.K I was feeling so isolated, lost and I felt like taking my own life. I was welcomed in and within weeks started feeling better. I became more engaged with things, started to feel less isolated, and some days are still tough I can get through them without wanting to end my life. So I want to thank Women A.S.K for saving my life and helping me feel less isolated." - *Anonymous*

About Us

We are confidential and non-judgmental – no one needs to know you come or why. No medical referral needed – just pop along, have a cuppa, talk, listen and support in an all female, peer-to-peer, safe environment.

It's free! No obligation to talk – listening to others and their stories is sometimes all you need to know you are not alone!



www.womenask.co.uk



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Women A.S.K