

## MEMBERS' COMMENTS ON THE FUTURE OF BARNET DEPRESSION ALLIANCE

### ***How has the group helped you in the past year and what difference if any would it make to you if the group had to close?***

*(From our 2025 Annual Group Survey, November 2025)*

*For further comments from members about the group please see our yearly survey results which are published every year in our annual reports.*

The group has been a lifeline with support and advice when I was very depressed. I feel privileged to be able to help as and when I am better. I feel it is an important group to support to help the wider community (GG)

I feel I would lose [sic] my right hand if the meetings stopped. I know the support I can rely on. No one judged me. (Anon)

The group has become a valuable source of support to me, both when I am depressed and recently when I was hospitalised and needed surgery. The group feel like friends, and we all support each other. (SH)

I was and am completely accepted by the group and have always felt supported by it. It would be devastating to me if the group were forced to close. It is the only place I have ever found that took mild depression now called persistent depressive disorder seriously. (LM)

The group is in the background in support if I need it. Even if I'm not well, I always know it will be there and I can go back to it when I'm feeling better. (DC)

I'm enormously pleased that the group exists in its online form.

The chance to meet up with my fellow DA (as was) associates is huge and extremely important to me. The opportunity to share with people who will offer guaranteed non-judgemental support is extremely meaningful and relevant. [The group facilitator's] input is crucial, steadying, reassuring always supportive, I don't know what we would do if she felt she had to hand over the reins.

I can't emphasise enough the value of the group. I have no doubt it's being there has helped me cope during depressive episodes, reduced the isolation and emotional pain of depression, provided a pathway out of depression and allowed me to give back to others some of the care and support I have received. This model of mutual support self-help is very much part of the coping whole that, along with professional help, medical treatment and psychological therapy can and does push back and counter the worst impact of this serious condition. (AW)

I enjoyed the meeting I attended, which I could feel the warmth and care from the peers. It's ridiculous that the Barnet council decided to stop funding numerous charities which support mental health. It's not a single case. Mental health issues can be even more serious than physical health. When ICB and NHS got less funding and decided to push patients "back" to the community/VCSE, how can they and the council not support them including Barnet Depression Alliance? To be frank, I couldn't understand how it can make any sense. (DL)

It's very supportive and connects people in mental distress to each other and offers resources that can be helpful (NM)

On losing my parents [Barnet] Depression Alliance had been very supportive to me (ET)

Check ins are helpful. Face to face meetings are meaningful. I personally love the socials. (ET)