

Peer support groups

How can a peer support group help me?

- To feel supported by others with things that are happening in your life.
- To share your thoughts and experiences with others.
- To meet new people and socialise.
- To be part your local community.



Sometimes we all feel like we need a friendly face and someone to listen to us.

Our peer support groups will meet up in the local community to give you that space and time you need with your peers.

