



# INTERESTED IN LOCAL GROUPS?



**PEER SUPPORT GROUPS ARE RELAXED AND FRIENDLY PLACES WHERE INDIVIDUALS CAN GO TO MEET LIKE MINDED PEOPLE**

**FOR ANYONE WHO MAY BE ISOLATED OR WHO IS IN MENTAL HEALTH RECOVERY**

**SOME ARE INFORMAL FRIENDSHIP GROUPS AND OTHERS ARE CONSTITUTED GROUPS. MANY ARE PEER LED BY VOLUNTEERS**

**WE HAVE A GREAT SUPPORT PACKAGE FOR ANYONE WANTING TO VOLUNTEER TO HELP FACILITATE A GROUP**

**IF YOU HAVE AN IDEA FOR A GROUP IN YOUR AREA, OR TO SEE WHAT'S AVAILABLE TO ACCESS PLEASE CONTACT  
01773 734989**

