



Are you an adult in Leeds who would like to learn to better manage your mental health? You are not alone.

Our trained Peer Volunteers facilitate weekly in-person and evening by-Zoom Support Groups. You will meet weekly in a safe confidential space on an equal footing with your Peers - people who are not part of your everyday life. Take time to give voice to your feelings and learn from Peers' lived experience of taking more responsibility for managing their mental health.

Peer facilitated Group Work is not a one-way street. By sharing your feelings and lived experiences you will help others. It can be emotionally demanding. You will encounter difficult feelings and it can be hard work. This is not a social activity but you will meet kind people. You will be heard and you won't be judged.

Participation is £ FREE so everyone can afford to join in. You can attend for as long as you are benefitting and leave when you feel you are ready to manage without Peer Support Plus.

Self-refer Explore joining a Support Group by contacting us

Email enquire@peersupportplus.org

Call 07434 614 829

Learn more www.peersupportplus.org