



LOTTERY FUNDED

PEER TO PEER

Helping people in distress to find a path to recovery

WE NEED VOLUNTEERS!

FOR OUR PEER TO PEER SERVICE

You could help us if you:

- Have lived experience of mental health issues and recovery,
- Have learned how to cope and want to use this knowledge and experience to help others
- Have a non-judgmental and supportive attitude
- Can commit to a regular time which is flexible to your needs

What's in it for you?

- Use your expertise and experience to give back to the community
- Gain experience and knowledge around recovery and support work
- Full training, support and supervision
(Including peer support training accredited by the Open University)
- Supported progression routes
- Develop your own personal social networks

www.selfhelpservices.org.uk



@selfhelpservice



YouTube

For more information,

Please contact peertopeer@selfhelpservices.org.uk

or call 0161 226 3871

SelfHelpServices
helping people to help themselves

Self Help Services is a registered charity (no. 1122063) ... a Big Life charity