



Registered Charity Number 1190818

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 face-to-face and Zoom Support Groups. You will meet in a safe confidential space, on an equal footing with Peers who are not part of your everyday life. You can take time to give voice to your feelings and learn from your Peers' lived experience of taking more responsibility for managing their mental health.

Peer Support Plus Group Work is not a one-way street. By sharing your feelings and lived experiences you will help others. It can be emotionally demanding and you will encounter difficult feelings. This is not a social activity, it can be hard work, 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 are ready to manage without Peer Support Plus.

You can self-refer to join a Support Group by contacting us:

Learn more [www.peersupportplus.org](http://www.peersupportplus.org)

Email [enquire@peersupportplus.org](mailto:enquire@peersupportplus.org)

Call 07434 614 829



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