

s o m e o n e  
who's had  
a crisis  
could do with  
your help

Peer Support in Southwark  
**Together we can recover**

South London and Maudsley

Charitable Funds



Would you like to use your experience to support other service users as a volunteer peer supporter ?

- By sharing your experience
- By giving one to one support
- By attending social events together

You will get free training, support and supervision and your out of pocket expenses paid.

We would like 6 months commitment of 2 hours a week and a willingness to support people.

Together we can create a feeling of belonging, hope, friendship, more motivation, less isolation and improvement in our mental health.

Call **020 3228 3500** or mail for info on **[penelope.doue@slam.nhs.uk](mailto:penelope.doue@slam.nhs.uk)**