

# PEER TO PEER

## Helping people in distress to find a path to recovery

Our team of peer mentors are on hand to offer support to people experiencing a range of mental health problems such as anxiety, depression, panic attacks and phobias.

We provide emotional support, social contact, recovery advice, signposting and we can accompany people to activities in the community.

The Peer to Peer service is made up of a team of people with lived experience of mental distress who have found ways of staying well.

### For more information

please email us at [peertopeer@selfhelpservices.org.uk](mailto:peertopeer@selfhelpservices.org.uk)

or call us on 0161 226 3871

[www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

 @WeAreSelfHelp

**SelfHelp**  
*Improving mental health*

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



LOTTERY FUNDED