

PEER SUPPORT TRAINING






Do you have
experience of mental
health issues?



Would you
like to support
others?

Peer support
is when people use
their own experiences
to help each other

WHAT CAN PEER SUPPORT TRAINING DO FOR YOU?

-  Give you the skills and confidence to support others
-  Improve your communication skills
-  Inspire others by sharing your life experiences
-  Improve your mental health and wellbeing
-  Provide you with useful information that can help you set up your own group

**We offer free accredited training in
Middlesbrough and Redcar and Cleveland**

FOR MORE INFORMATION:

You can call us at the Living Life office on 01642 217399 or email us on livinglife@middlesbroughandstocktonmind.org.uk



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