

Peer Support Service

The **Peer Support Service** is for adults recovering from mental ill health and their carers. Support Workers with a lived experience of mental ill health, work in collaboration with you and provide individually tailored support to help you create new beginnings and achieve your goals. This **one to one** service is **free** with a number of sessions offered, depending on individual need.



Our **Peer Support Service** is very successful with **9 out of 10** clients being **very satisfied** with this service.

For more information call us on **02037 273600** or via email info@hertfordshiremind.org



www.hertfordshiremind.org
T: **02037 273600**
e: info@hertfordshiremind.org



 **mind** | Hertfordshire
for better mental health Network