



## Peer Support

'People helping people'

- Our Little Steps Peer Support groups are friendly and informal, providing a safe, non-judgemental space to meet current or previous service users of Steps2Wellbeing.
- We share our own experiences to help support each other, build our confidence, share coping techniques and reduce the feeling of isolation.
- All of our Peer Support groups are facilitated by staff and volunteers who have previously accessed the service.
- Our groups are currently holding fortnightly meetings together with email support from the group facilitator between sessions.
- We use the session as a chance to check in with each other, offer support where we can and discuss common mental health topics with a focus upon keeping ourselves well.
- There is no expectation for you to use your webcam if you prefer not to.

We have two fortnightly groups:

18:00—19:00 on a Monday evening online

10:30—12:00 on a Thursday in person

If you would like to join Little Steps, please email to let us know which group you would like to attend and we will add you to the mailing list. You will then start to receive our email resources and the link for our webinar sessions.

We look forward to hearing from you soon!

Our email address: [dhc.little.steps@nhs.net](mailto:dhc.little.steps@nhs.net)

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