

Are you struggling with your mental health?

Our Peer Support Workers use their own lived experience of mental health issues to help you to:

- ✓ Connect with your community.
- ✓ Become less isolated and improve your mental wellbeing.
- ✓ Find or create meaningful and supportive groups to join.

Turn over to find out how to contact us!



Contact form

Scan the QR code to complete this form online, or fill in your details below and email a photo of it to: smi.support@nhs.net



Your full name:

Date of birth
(dd/mm/yyyy):

Your full address:

Your GP surgery:

Your gender:

Male ☐

Female ☐

Non-binary ☐

Transgender ☐

Prefer not to say ☐

Your ethnicity:

Phone number:

Email address:

Your reason for
contacting us:

Tell us about any
activities you are
interested in:

For more information, please contact:



Peer Support Workers: [07970227707](tel:07970227707), [07970228521](tel:07970228521)

Community Development Worker: [07970228829](tel:07970228829)