



East Kent Peer Support Service

A free support service for people who have any kind of mental health issue and live in the East Kent areas of Dover, Folkestone, Hythe, Romney Marsh and Ashford.

Our staff and volunteers use their own lived experience of mental illness as a tool for support when helping people using the service. Peer support enables people with shared experiences to give and receive support with no one person being the expert.

rethink.org

We provide:

1-2-1 support for up to 12 weeks to help you improve your mental health and wellbeing.

Time limited staff-led Peer Support groups for up to 12 weeks.

Find out more:

Email: eastkentpeersupport@rethink.org

Telephone: 07483 332506

www.rethink.org

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Kent and Medway



NHS

by shaw trust **Paralight**

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Mental
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