

The power of peer



Dover and Folkestone peer support service

We provide peer support for people aged 17+ who have common or severe mental illness who live in Dover Folkestone in Kent.

Our staff and volunteers use their own lived experience of mental illness as a tool for support when helping people using the service.

We provide support in person, whatsapp, email, text, phone and video calls.

We provide

- Goal focussed, person centred, time limited 121 support to help you improve your wellbeing and access other services.
- Time limited service-led Peer Support Groups covering topics such as anxiety, hearing voices etc and support to set up and attend ongoing peer-led long term Peer Support Groups.

Find out more:

DOV-FOLKpeersupport@rethink.org
www.rethink.org/DF-peersupport or
phone Will on 07483 332505

rethink.org

Live well

Kent and Medway

**Rethink
Mental
Illness.**