



CENTRAL AND EAST
RECOVERY COLLEGE

Drop-ins!

Peer Support

The Central and East Recovery College run peer support drop-ins, which bring together people with similar experiences so that they can help, encourage and support each other. Run by Peer Support Specialists who are professionally trained to support people in mental health recovery by:

- Listening to people
- Offering support as an equal
- Accepting and valuing people as they find them
- Exploring strengths, choices and possibilities with people that enable them to set their own goals.

For more information:

On peer support and mental health visit: <https://www.mentalhealth.org.uk/a-to-z/p/peer-support>

Or Contact Central and East Recovery College:

Telephone: 01625 505647

Email: ce.recoverycollege@cwps.nhs.uk

Visit the webpage: <http://www.cwp.nhs.uk/services-and-locations/services/central-and-east-recovery-college/>

For more information about peer support training where you can obtain the skills and knowledge to potentially become a peer support volunteer. Contact Lorraine Van Sluis on 01244 393130.

This poster was created by a Central and East Recovery College volunteer as part of their recovery and return back to work.



**Celebrating 70 Years of Progress in
Mental Health across the North of England**