



Peer Support Service



Are you feeling isolated?

Are you feeling anxious?

Do you want to try something new?

We can help you to:

- Meet other people
- Join new activities
- Boost your confidence
- Get in touch with services and support

We are also looking for Volunteers with lived experience to help us!

Why Choose Touchstone?

- We believe in promoting well-being, recovery and entitlement of service users and carers
- We are strongly committed to equality, independence and choice.
- All of our volunteers have lived experience of mental health difficulties. This gives them a different understanding to many professionals you may have met.
- Our volunteers are trained and supported to help you work out what kind of support or activities you want to help you live the life you want.
- Our service is free and completely confidential.

It is easy to become a volunteer with us!

To discuss Volunteering call:

01924 460 211 and we will contact you.

We provide full training at Touchstone!

What can Peer Support Do?

We can help you:

- Have control over your choices and what you do.
- Access up to date information about services, groups and activities.
- Increase your confidence and independence.
- Help you make arrangements with others
- Support you to organise and manage funding arrangements around your support.
- Help you to access activities and services that match your interests as well as your needs.





Peer Support Service



Contact us:

To find out if the Peer Support Service is right for you or to make a referral, you can contact us by phone, email, post or on our website.



01924 460211



peersupport@touchstonesupport.org.uk

www.

www.touchstonesupport.org.uk



Touchstone Peer Support Service

Dewsbury Business Centre,

Wellington Road East, Dewsbury, WF13 1HF

Opening times:

Monday—Friday, 09:00am —5:00pm

