

"It was so helpful to meet a person that had some lived experience of stress and anxiety who had made a recovery, knowing they had successfully tackled issues that I myself was going through."



Come and meet previous service users in a friendly, informal, non - judgemental safe space.

We share our experience to help each other build confidence, share coping techniques and reduce isolation.

Our groups are facilitated by our lovely Peer Support Practitioners, Becky, Chris, Emily, Lauren & Louise who have previously accessed the service.

We use the sessions to check in and offer support with an aim to keep ourselves well.

Peer Support

- A small group (up to 12) who have completed treatment at Steps2Wellbeing.
- 1 hour meeting every 2 weeks (daytime or evening)
- Online group facilitated by Peer Support Practitioners
- Topics of discussion are focussed on mutual support.

If you are interested in attending please email: dhc.s2w.dorsetpsps@nhs.net