

# Steps2Gether Peer Support Group



Steps2Gether is a friendly, non judgemental peer support group for people who have been discharged from Steps2Wellbeing.

The group is run by our Peer Support Practitioners, who have also received treatment from Steps2Wellbeing.

Our Peer Support group meets to:

- Check in on our wellbeing
- Share experiences
- Share helpful techniques for keeping well
- Connect with others



To join Steps2Gether please email or call on:

 [dhc.s2w.dorsetpsps@nhs.net](mailto:dhc.s2w.dorsetpsps@nhs.net)  0800 484 0500