

# Peer Support County Durham



Peer support aims to connect people with similar lived experiences to reduce feelings of isolation and break down stigmas surrounding mental health.

We provide 1-2-1 peer support and dedicated Peer Support groups across County Durham.

Support is delivered by our Peer Support Workers that have their own lived experience of mental health conditions.

 [peersupport@pcp.uk.net](mailto:peersupport@pcp.uk.net)

 01325 321234



**Providing hope, connection and learning  
through mutual support and empowerment.**

**We bring people together with lived experience  
of mental health and peer expertise.**

**Access peer support by scanning the QR code  
below!**

