

## Would you like to be a Mental Health Peer Mentor?

A peer mentor has experienced mental illness. They can offer one to one support and help you to achieve your goals.

Have you experienced mental illness?

Would you like to talk with someone who understands what it is like to experience mental illness?

Are there any skills or goals you would like to work towards?

Do you live in the City or Hackney?

Would you like to receive one to one support?

## Want to know more?

Contact: Sophie Hudson Peer Mentor Coordinator



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