

There is a Peer Supporter in Your Area

.....
is your local Peer Supporter.

Please come find me for a chat if you would like to know more about Peer Support or if you are looking to have a Peer Support conversation.

Talk confidentially
in a friendly safe
environment

With a trained and
trusted colleague
and peer

Where you can be
heard, no matter
how you are feeling

To find out more, please
visit the Peer Support
Network webpage by
scanning this QR code
or search 'Peer Support
Network - NHSGGC' on
the web.



For any enquiries, feedback, or to speak to another Peer Supporter outwith your area, please contact: ✉ peer.support@ggc.scot.nhs.uk

Peer Supporters do not provide a crisis service

If you are in crisis, please contact your GP, call NHS 24 on ☎ 111, dial '999' or go to A&E. To talk to someone you can call Samaritans on ☎ 116 123 (available 24 hours) or Breathing Space on ☎ 0800 83 85 87 (available 6pm Friday - 6am Monday, 6pm - 2am on weekdays Monday - Thursday).