



# CARER RECOGNITION GROUP

*Last Wednesday of the month 7:00pm-8:00pm*

## MONTHLY PEER-LED ON-LINE SUPPORT

*Are you a family member or friend supporting someone experiencing long-term mental health conditions, who has or is currently receiving support from SWLSTG ?*

*Would you benefit from meeting other carers who also recognise the impact this is having of your well-being?*

*The group provides a pathway to one-to-one peer support for your mental health and well-being from crisis to recovery*

### What group MEMBERS say ...

***'THIS GROUP IS INVALUABLE'***

*'It means so much to know that our concerns are being listened to and valued.'*

*'I worked within a group and one-to-one setting, this accelerated the benefits of group sessions.'*

*'I don't think I would have progressed as much if my Peer Support Worker had not had lived experience.'*

to join us email : [maura.davies@swlstg.nhs.uk](mailto:maura.davies@swlstg.nhs.uk)  
so we can send you the link

