

PEER MENTORING SUPPORT

For 14 - 25 Year Olds

Free mental health & wellbeing support
to support and empower you in
overcoming challenges like anxiety, self-
esteem, confidence, identity or stress

PEER MENTORING & MENTAL HEALTH CHAMPIONS



Funded by



For Support

To access support scan the QR code or contact:



PeerMentoring@ourplacesupport.org



0121 354 4080



www.ourplacesupport.org/peermentoring

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