

Aged 16.5–25 and struggling with your mental health?



The Peer Mentor Support Service is here to support you.

One-to-one and group support to help you build resilience, boost confidence and improve self-esteem.

 **mind**
Coventry,
Warwickshire
and Worcestershire

We will empower you to set personal goals and make small but significant steps towards change.

We support young adults to build confidence, develop self-belief and improve their mental health and wellbeing. Through one-to-one support and group activities, we focus on mental health awareness, social connection, and life skills.

Our team can assist with finding stable housing, managing finances and benefits and accessing education or employment. We also help with booking healthcare appointments and can connect individuals to other services for additional support.

We can support young adults who are

- Aged 16.5–25, who have not accessed NHS mental health interventions in the past six months;
- Aged 16.5–25, leaving care, and at risk of accessing mental health services;
- Aged 16.5–18, transitioning through pathways from children and young people's to adult mental health services.

Interested in volunteering?

We're looking for peer support buddies to support our service users. Get in contact to find out more!

Start by calling **07581 051733**
or visit **cwwmind.org.uk/pmss**
or email **pmss@cwwmind.org.uk**



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