

# Moray Community Mental Health & Wellness Service



## Peer Support Is: -

- 1:1 support provided by experienced and professional Peer Workers and Practitioners.
- Support is delivered to anyone in Moray, aged 16 years and over.
- The team each have successfully managed their own lived experience of mental ill-health and can understand how it feels to cope with life challenges.
- The team are highly trained in Mental Health Awareness, Trauma Informed Recovery, Self-Harm and Suicide Awareness.
- Support to explore new ways of coping can take place over several sessions
- The Team can deliver support by Telephone or via Video Platform such as Zoom.

Please call our freephone number on 0800 234 3490 or email [moraywellnessservice@penumbra.org.uk](mailto:moraywellnessservice@penumbra.org.uk) for more information.

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