



## Join our online peer support group



Feeling lonely, isolated worried by the COVID lockdown? Join peer to peer support group. Facilitated by a trained therapist.

- Opportunity to share your experiences
- Help each other
- Receive support



## Contact us

- Visit - [www.richmondwellbeingsservice.nhs.uk/get-started/](http://www.richmondwellbeingsservice.nhs.uk/get-started/)
- Call us on 0208 548 5550

**Take the first step and contact us today!**

[www.richmondwellbeingsservice.nhs.uk](http://www.richmondwellbeingsservice.nhs.uk)