

**Bromley**

**Well**

# Experience of low-mood, stress or anxiety? Want to volunteer?

Enjoy helping others? Peer support volunteers needed.

At **Bromley Well** we are currently recruiting peer-support group facilitators. We recognise many people at some point in their lives struggle to deal with everyday stresses and strains. If you enjoy meeting people and would like the opportunity to use your own lived experience to help others and make a difference to people who feel anxious, depressed or socially isolated then please get in touch for more information or to apply.

You will receive full comprehensive training and supervision and will be provided with a certificate for both the training and length of service to show future employers.



If you would like to volunteer, call the Bromley Well Peer Support Coordinator on **07718 445 558** or email [roxana.graves@bromleywell.org.uk](mailto:roxana.graves@bromleywell.org.uk)  
[www.bromleywell.org.uk](http://www.bromleywell.org.uk)

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