

The power of peer support



East Kent Peer Support Service

A free support service for people aged 16+ who have any kind of mental health issue and live in the East Kent areas of Dover, Ashford, Folkestone (includes Hythe and Romney Marsh areas)

Our staff & volunteers use their own lived experience of mental illness as a tool for support when helping people using the service. Peer support enables people with shared experiences important with no one person being the expert.

We provide

- 1-2-1 support for up to 3 months to help you improve your mental health
- Time-limited staff led Peer Support Groups and on-going peer led groups

Find out more:

- eastkentpeersupport@rethink.org
- 07483 332505
- www.rethink.org/eastkentpeersupport

Live well
Kent and Medway

rethink.org

Registered in England Number 1227970. Registered Charity Number 271028. Registered Office Rethink Mental Illness, 28 Albert Embankment, London, SE1 7GR. Rethink Mental Illness is the operating name of National Schizophrenia Fellowship, a company limited by guarantee.

**Rethink
Mental
Illness.**