



## Do you know your Mental Health Peer Supporter?

A mental health peer supporter is an employee or volunteer in the organisation, who takes action in the workplace to raise awareness of mental health problems and challenge mental health stigma. All mental health peer supporters take on the role voluntarily, alongside their day job.

Mental health peer supporters are available to listen to you, in confidence, if you need to talk. They can also signpost you to relevant support and useful resources. Please be aware that mental health Peer Supporters are not counsellors and are required to report any safeguarding concerns.

Want to chat? Your local Peer Supporter is...

Get in touch here...



supported by: in Mid Herts