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**Let’s Connect**

The world has certainly thrown up many challenges for us all *recently. The ‘Let’s Connect’ project offers a range of opportunities for people to come together to receive and provide support.*

Our warm and friendly team offer 1:1 support, peer support groups, peer support training, facilitate the creation of mutual aid groups and provide training to organisations.

Are you 16+ need support or are interested in any of the following?

* + Support for depression and anxiety
	+ Increasing your wellbeing
	+ Getting out and meeting others
	+ Taking part in positive activities
	+ Providing peer support
	+ Being a part of a mutual aid group
	+ Training for your organisation:

Dealing with distress, safety planning and building resilience

**Contact the Let’s Connect team on 0191 5185070**

**or email LCED@hartlepoolmind.co.uk**