

PeerTalk is a national charity supporting people who live with depression, anxiety and other distress

PeerTalk is looking for Volunteer Facilitators

*for its peer support groups in **Guildford and Farnham***

PeerTalk's Volunteer Facilitators offer a minimum of four evenings in a three month period to take their turn on a rota to facilitate the peer support group.

Group Facilitators are not mental health experts and their role is not to give clinical advice or counsel. At support group meetings two volunteers work together using listening and facilitating skills to enable the attendees to offer each other mutual support and encouragement.

PeerTalk trains volunteers in the skills required and provides ongoing support

Further information at www.peertalk.org.uk/volunteer-with-us

"I have never been to any kind of self-help group before, so I wasn't sure what to expect or whether it would be any help. I was pleasantly surprised at how much better I felt after each session just from talking to others who were willing to listen and could empathise".

PeerTalk's Support Group

in **Guildford** meets every
Wed 7.30—9pm at
The Spike, Warren Road,
Guildford, GU1 3JH

And in **Farnham**,
every Thurs 7.30—9pm at
Farnham Fire Station, Guild-
ford Rd, Farnham, GU9 9QB

Volunteer as a PeerTalk Facilitator

Apply online at
[www.peertalk.org.uk/
volunteer-with-us/
application-form](http://www.peertalk.org.uk/volunteer-with-us/application-form)

or email
enquiries@peertalk.org.uk
Closing date for
applications: **5th Sept 22**

PeerTalk's Training Day is to be at **The Old Thorns Hotel**, Longmoor Rd, Liphook, GU30 7PE
on Sat 10th Sept 22, 9.45am - 4.00pm

