Peer Support Line 01382 305735

We can -

- Share thoughts & feelings during isolation
- Talk about mental health, recovery, self care & what works for you
- Bring some calm in times of distress
- Learn about services and supports available in Dundee
- Provide longer calls by booking via our appointments system

(Peer Support is not advice, counselling, therapy)

Mon 12-8pm
Tues-Fri 12-6pm
Sat 12-2pm

Contact:
Text - 07377 788817
Email - MHengagement@dvva.scot
Facebook - facebook.com/MRRDundee

In partnership with: