



**Loneliness & Depression can affect "Anyone!"**

**Do you suffer from Mental Health problems?**

**Do you live in the Deal area?**

**Join us at the Deal Peer Support Group.**

**We are looking for people to get involved in a new Community project.**

**This is an opportunity to make new friends, share experiences,  
Help others and yourself!**

**What is Peer Support?**

**Peer support is when people share knowledge, emotional and social experiences,  
and practical help with each other.**

**Peer support offers an opportunity to make new friends in our informal group  
meetings.**

**Peer Support Drop-Ins**

**We will be holding "Tea and Chat" drop-in sessions at The  
Landmark Cafe, 129 High Street, Deal CT14 6BB on the  
first Friday of every month starting on Friday 4<sup>th</sup> March  
2016 1pm-3pm.**

**Feel free to come along to find out more about what we can do for you  
and to sign up to this new project!**

**For more information please contact John at SpeakUpCIC  
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