



Please scan the QR code above to visit our website and express your interest via our Peer Support enquiry form.

Peer Support Project based in Oldham

Have you been feeling overwhelmed by challenges?

Have you come to end of therapeutic support and need help to maintain your wellbeing?

Would you like support to engage with what's going on in your local community?

Through our project we will connect you with a Peer Support Worker who has lived experience of overcoming mental health difficulties. The Peer Support worker will support you by:

- Helping you to identify your own strengths and abilities.
- Using coaching approaches to help you identify your own coping strategies.
- Identifying various activities and opportunities in your community.
- Helping you move forward and achieve goals.
- Showing that change and recovery is possible.
- Sharing their own experiences and inspire hope.

Up to 8-sessions

Meet with your Peer Support Worker up to 8 times in your community.


Based in Oldham

The service is for adults (18+) who are living in the Oldham area.

Low level support

Designed for those coming to the end of their therapeutic journey, this project is not suitable for those in active crisis.

 : oldhampeersupport@togmind.org  : 0161 330 9223

 Tameside, Oldham and Glossop

LIVING WELL OLDHAM
Supporting Mental Health and Wellbeing