

Just turn up at 7.30pm.....no need to book and it's free

"People start to heal the moment they feel heard"

HUDDERSFIELD

# PeerTalk<sup>®</sup>

Money's a worry

Doing anything is hard

Sleep's a struggle

We've split up

I need to talk

I feel scared about ...

It's all too much

I've lost my job

**Peer Support Group  
for those living with  
depression, anxiety  
or other distress**

Facing  
Depression  
Together

PeerTalk<sup>®</sup>

**EVERY THURSDAY 7.30<sup>pm</sup> – 9.00<sup>pm</sup>**

The Lounge,  
St Paul's Methodist Church,  
Wakefield Rd, Dalton,  
Huddersfield, HD5 8DE.



Find out more at:

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- @peer\_talk
- @peertalk1
- [peertalkcharity](https://www.instagram.com/peertalkcharity)