

Are you about to be discharged from hospital?

Would you welcome some support on your road to recovery?



If so, Missing Link peer supporters are on hand!

- we have lived experience of mental health and are putting what we know into practice
- meet your peer for two hours a week for 12 weeks
- YOU decide how to make the best use of your time.

To find out more, please contact Lucas Teague on **07739 920927** or email him: **lucas.teague@metropolitan.org.uk**.

Find out more at
www.metropolitan.org.uk