

Mental and
physical health

Derbyshire Recovery & Peer Support Service

Signposting

Mental Health Wellbeing Sessions

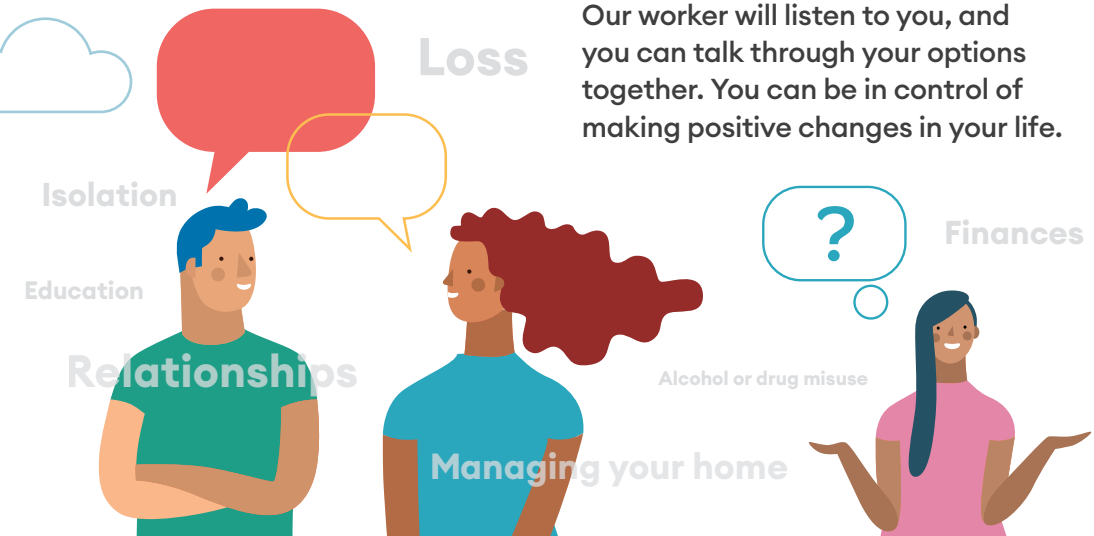
**Join us every Tuesday
at Chesterfield Library,
New Beetwell Street,
Town Centre,
Chesterfield S40 1QN**

**Come any time between
10:30am and 12:30pm**

If you're unsure of where to turn, what service you need, or who to talk to, a good start would be to come and see us.

Derbyshire Recovery and Peer Support Service can offer you guidance, information, practical support, referrals, signposting or peer support.

Our worker will listen to you, and you can talk through your options together. You can be in control of making positive changes in your life.



**This is a free service for anyone aged 18+ – pop in and say hello.
For more information advice or support please call 01773 734989.**