

Peer Support Line from Making Recovery Real in Dundee

The Peer Support Line from Making Recovery Real in Dundee is a great resource
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The phone line is managed by peer support workers and volunteers, who use their own lived experience of mental health, to provide a friendly voice to others struggling with theirs, during current challenging circumstances.

Anyone is welcome to call or text – find contact details below :



Peer Support Line

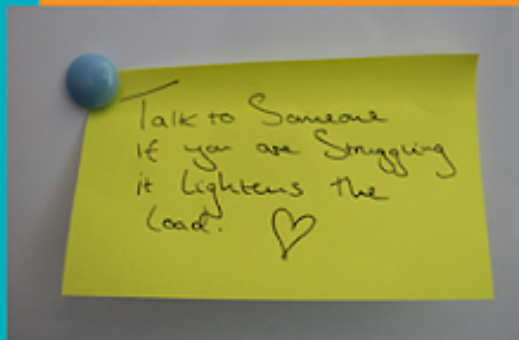
01382 305735

Making
recovery
real
in Dundee

We can -

- Share thoughts & feelings during isolation
- Talk about mental health, recovery, self care & what works for you
- Bring some calm in times of distress
- Learn about services and supports available in Dundee
- Provide longer calls by booking via our appointments system

(Peer Support is not advice, counselling, therapy)



Mon 12-8pm

Tues-Fri 12-6pm

Sat 12-2pm

Contact:

Text - 07377 788817

Email - MHengagement@dvva.scot

Facebook - [facebook.com/MRRDundee](https://www.facebook.com/MRRDundee)

contact
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