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



## **SKIPTON**

## PeerTalk

Money's a worry

Doing anything is hard

Sleep's a struggle

We've split up

I feel scared about ...

Ineed

to talk

all too much

It's

I've lost my job

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

## **EVERY MONDAY 7.30**pm - 9.00pm

The Hub, Skipton Town Hall, High Street, Skipton, BD23 1AH.





## PeerTalk

Find out more at:

- **9** 07719 562 617
- peertalk.org.uk
- enquiries@ peertalk.org.uk
- @peer\_talk
- @peertalk1
- peertalkcharity

The PeerTalk Charitable Foundation, registered charity no.1169830.