

# How are you feeling?

Feeling worried or anxious, lonely or isolated?  
Don't feel like yourself?

Contact our Barnsley Community Connects Service to be put in touch with a peer supporter. Let's help you get back on track.

Our Peer Supporters will:

- Work with you to overcome problems
- Help you to find ways to improve your mood and reduce worry
- Build confidence and self-esteem
- Support you to live life independently and achieve your aspirations
- Connect you with others
- Always support you without judgement

“ It's been brilliant to just talk someone's head off about all my problems and they were patient enough to listen to all of it. That was the biggest help for me to be able to see my own issues and deal with them. ”

For more information about this service, please email Lesley at [LesleyB@familylives.org.uk](mailto:LesleyB@familylives.org.uk) or call 07971 255308.

**We build better family lives together**

[www.familylives.org.uk](http://www.familylives.org.uk)

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