



# PeerTalk®

Find out more at:

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- [peertalkcharity](https://www.instagram.com/peertalkcharity)

# Staying PeerTalk Connected

## April 2022

Click [here](#) for our [PeerTalk Support Groups](#)

### Mental health and wellbeing plan: discussion paper and call for evidence



The Government has launched an open consultation with a discussion paper with questions to develop a new plan for mental health.

- How can we all promote positive mental wellbeing?
- How can we all prevent the onset of mental ill-health?
- How can we all intervene earlier when people need support?
- How can we improve the quality and effectiveness of treatment?
- How can we all support people living with mental health conditions?

Read about the consultation [here](#)

Take part in this survey [here](#)

And don't forget to say how PeerTalk Groups are a superb community support for people who struggle with depression, anxiety and facing life events.

Charities Aid Foundation **DONATE**

PeerTalk's online event 'Let's have a chat' had 267 registrations

The recordings of the ten minute presentations can be viewed via the links below.

**[Dr Lucy Johnstone](#)**  
**[Psychiatric Diagnosis](#)**

**[Dr Jacqui Dillon](#)**  
**[Moving Beyond the Biomedical Model](#)**

**[Rosa Trelfa](#)**  
**[How PeerTalk Support Groups Function](#)**

**[Drs Lucy Johnstone and Jacqui Dillon take questions](#)**

PeerTalk5 to 70450 to donate £5 towards the costs

### Mental Health Awareness Week

9-15 May 2022

Theme is **Loneliness**

*Our connection to other people and our community is fundamental to protecting our mental health so we must find better ways of tackling the epidemic of loneliness. We can all play a part in this. The week is also an invaluable opportunity for people to talk about all aspects of mental health, with a focus on providing help and advice." [Mark Rowland - CEO Mental Health Foundation](#)*

### Anxiety and panic attacks

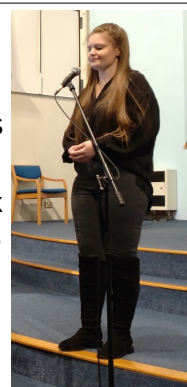


Living with anxiety can be very difficult, but there are steps you can take that might help. [This page](#) has some suggestions for you to consider.

**Evaluation of our support groups** demonstrate how beneficial PeerTalk is to our attendees. We are pleased that Natalie Wood a Masters student at Sheffield Hallam University and Georgia Lowe Smith undertaking a Masters at Leeds Beckett University are currently engaged in research into how PeerTalk groups provide valuable support. A summary of previous evaluation can be seen [here](#)



**Sophie sang for PeerTalk** accompanied by her dad at a concert in Ilkley. All the songs chosen by Sophie reflected a journey of hope through dark times to a brighter place. The event was a huge success and raised £850 for PeerTalk. Thank you Sophie!



**Living safely with Respiratory infections, including COVID-19**



[Get vaccinated](#)

[Let fresh air in](#)

[When to consider wearing a face covering or a face mask](#)

[The basics of good hygiene](#)