



PeerTalk®

Find out more at:

- 07719 562 617
- peertalk.org.uk
- @peer_talk
- @peertalk1
- enquiries@peertalk.org.uk
- peertalkcharity

Staying PeerTalk Connected

February 2021

PeerTalk support groups are still meeting as a permitted activity.

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

Save the date!

Wednesday 24th March, 2021

Let's Have a Chat—Talking PeerTalk

An online event to celebrate PeerTalk's evaluation

11.00 : A panel will chat about national and local policy around mental health

2.00 : A chat with a special guest about their experience of emotional struggle

Check our website for more details - [Talking PeerTalk](#)

Charities Aid Foundation

DONATE



In partnership with THE NATIONAL LOTTERY COMMUNITY FUND

PeerTalk appreciate the grant received to support our work until March.

Will you give £10?

Text PEERTALK to 70450

Fourteen new Facilitators were trained for our groups in Guildford (Surrey) and Bordon (Hampshire). The training took place by Zoom over two weekends and we were delighted to have Dr India Moses deliver the clinical overview.

MENTAL HEALTH AT A TIME OF CORONA VIRUS



How to Stay Calm in a Global Pandemic

By Dr Emma Hepburn

[Free-ebook](#)



This silver pendant has been made by Mr Beaujangles, a jeweller in Brighton. For each item sold he is donating £5 to PeerTalk.

The significance of the semicolon for people struggling with their emotional health is because it is the author's sign for readers to pause before continuing a sentence. The author is you, and the sentence is your life, your story isn't over yet, there are still many chapters to be written.

[Mr Beaujangle](#)

Grayson's Art Club
Channel 4
Fri 26th Feb
8.00 pm



Grayson and Philippa Perry give tips and advice on how to get creative in lockdown. [Art Club](#)

Psychology Today

What Is Positive Cognitive Behavioural Therapy?

Learning how to be happy, not just how not to be unhappy

[Positive CBT](#)



If you're finding things hard emotionally right now, you're not alone

Many are struggling with how it's affecting ourselves and our loved ones.

[mind.org.uk](#)



PUSH. TALK. GET HELP.



Devas is a free app that makes it easier to ask for help from those you know and trust - your family and friends