

Peer Connector Service.

How can a Peer Connector help you?

A Peer Connector will get to know you, talk to you about your personal goals, help you access other activities and opportunities and provide ongoing support and advice.

We're here to support you.

Our support aims to help you overcome health and wellbeing barriers (such as neurodiversity, low mood or anxiety) and access services designed to boost your mental and physical health, build confidence, and help you to remain in, or find, employment or training/education.

What support can I get?

Mental health groups & 1:1 support

Mindfulness & spending time in nature

Learn new skills with volunteering opportunities

Opportunities to connect with other young people with shared interests

Art & craft activities

Personalised support if you are neurodiverse

How does it work?

step one

Meet your Peer Connector

step two

Set your own wellbeing goals with our help

step three

Gain access to other activities and wellbeing support

step four

We'll offer ongoing support and check-ins that suit you

The Peer Connector Service is funded by the Health and Growth Accelerator, an NHS programme which supports young people aged 16-24 in South Yorkshire to succeed in work or education.



You can also visit the Kooth website or download the Holly Health app for free wellbeing coaching and mental health support.

Speak to us today

Email: enquiries@sheffieldfutures.org.uk

