



Mental Health & Wellbeing

South Angus Peer



Our South Angus Peer Service is still offering support to patients aged 16 and over registered at the following GP Practices, however at this time all appointments will be telephone support. If you would like to receive support please make an appointment with the surgery reception and you will receive a phone call from a Peer Worker at your appointment time.

Abbey Practice 01241 872692

Carnoustie Medical Group 01241 859888

Friockheim Health Centre 01241 828444

Medical Centre, Arbroath 01241 431144

Monifieth Medical Practice 01382 534301

Springfield East, Arbroath 01241 870311

Springfield West, Arbroath 01241 870307

Peer Workers, who have their own lived experience of mental health challenges, will listen to you and work with you to find ways to manage your current situation and plan for your own next steps.

If you are feeling **isolated**, **overwhelmed** or finding it **hard to cope**, our Peer Workers can provide support, information and guidance on how to manage mental health and wellbeing.

Self
Management

Person
Centred

Listening

Support

Safety

Information

Short
Term



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Achieving the best possible mental health & wellbeing in your community