



**EXPERIENCE  
COUNTS**

**SAMH**  
for Scotland's mental health

**PEER  
SUPPORT  
SERVICE**

**Peer Support  
For Veterans  
Of The Armed  
Services**





## PEER SUPPORT FOR VETERANS OF THE ARMED SERVICES

If you have served in the military and are experiencing difficulties with your mental health, then the Peer Support Service may be able to help you.

Ex-service personnel working with SAMH, North Lanarkshire Council and NHS Lanarkshire can support and assist you if you are having difficulty settling into civilian life.

### PEER SUPPORT IS BASED ON

- Offering help and support as an equal.
- Support to work towards personal goals.
- Support to connect with other service and opportunities if required.

For more information please contact us on 01698 265659

Or email [expeerience.counts@samh.org.uk](mailto:expeerience.counts@samh.org.uk) | [www.samh.org.uk](http://www.samh.org.uk)

### EXPEERIENCE COUNTS

62 Windmillhill St  
Motherwell ML1 1TA  
Tel 01698 265659

