

# “PEER SUPPORT WAS MY LIFELINE”

ALICE, 17

Peer support is an umbrella term used to describe a variety of ways in which people share their experiences and support others in similar circumstances.

Speak to your healthcare professional today or visit [byc.org.uk/uk/nhs-youth-forum](http://byc.org.uk/uk/nhs-youth-forum)



Watch our peer support film

