

You Are Not Alone: Join Our Long COVID Peer Support Group



Living with Long-COVID?

Join our **monthly online peer support group** and **connect** with others who understand. Share **experiences**, find **guidance** and get **tools** to support your wellbeing whilst living with Long COVID.



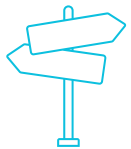
Connect with a supportive network.



Speak with trained facilitators and experts by experience.



Access tools and resources from experts and professionals.



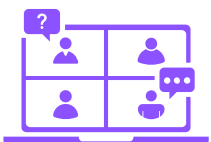
Get signposted to helpful resources and services.



Share your voice to help shape better care.

How Can I Join?

You can be **referred** by your **GP**, the Long COVID Assessment Services at **gDoc** or **GHFT**, or you can **self-refer**. Our monthly sessions are open, inclusive, and here to support you—wherever you are in your journey.



**Monthly Online
Meetings**



**Experience Led
by You**



**Scan to
Self-Refer**

Any Questions: Contact Ellie at eleanorhill@gl11.org.uk