



"Sova has made me
feel better about life,
I'm now more positive
about the future."

you.plus

Sova

If you're finding it difficult to move forward and get on with life. If you're feeling alone and excluded from everyday opportunities, it's hard to see how you can change and get back on track. With the right help and support, we believe you can.

Through Sova Support Link you could meet regularly with a group of two or three volunteer mentors within your community setting, following a jointly developed goal plan. Our volunteers can provide you with practical help, a listening ear or help you get involved with activities.

WE'RE HERE TO HELP AND SUPPORT YOU.

Find out more about how Sova Support Link are improving people's lives.

To contact one of our team,
call 020 7740 8468 or
email sarah.connor@sova.org.uk

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