



"I know that just being there and listening can make all the difference, that's why I volunteer."

you.plus

Sova

If you were finding it difficult to cope in the community. If you were frustrated at being excluded from everyday opportunities. If you were feeling alone. Wouldn't you want someone on your side?

We're supporting people with lifelong psychological needs to steer clear of crime and make better choices.

Wouldn't you like to help us?

WHEN LIFE GETS TOUGH, WE'RE THERE.

Volunteer with Sova Support Link and help make a positive difference to someone's life.

To find out more, contact one of our team on 020 7740 8468 or email sarah.connor@sova.org.uk

Visit. sova.org.uk/project/supportlink

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