

**A community of trained, specialist eFriend Peers via video link or audio chat. Our service is free and for anyone in need.**

If you don't have someone you feel comfortable talking to, and you want to reach out to someone who will listen - that's what we are here for. Our trained Peers are skilled in providing support to others and have their own personal experience of life challenges. If you just need to talk to someone who has really 'been there' - we are here for you.

