

Information on available resources provided by research team



Sign-up to trial

Consent to participate in the research trial where you will be randomly allocated to the peer support or control group

Complete online questionnaire. Questions about you, your physical and mental health.

Access to the 🕨 peer support intervention

> Access to webpages

Sign-up to community engagement study Consent to participate in the community engagement study where you will be given access to the peer support platform.

Complete online questionnaire. Questions about you, your physical and mental health.

Access to the peer support intervention