

# Ostomy Peer Support

## Find someone who understands

Living with a stoma can bring unique challenges, and sometimes the best support comes from someone who has been there too.

Our Peer Support Champions are trained volunteers who openly share their own ostomy experiences to help others feel less alone, more informed, and more confident.

### Why connect?



Real conversations



Lived experience



Confidence and hope

### How it works

1. Visit our Peer Support Directory online.
2. Browse profiles of volunteers with lived experience.
3. Choose someone whose story resonates with you and click 'connect now'.

It's completely free and confidential – a genuine, one-to-one connection that can make a big difference

### You're not alone

Scan the QR code and connect with someone who truly understands life with a stoma.

Disclaimer: Peer Support Champions are not healthcare professionals and cannot give medical advice. Their role is to share personal experiences and offer emotional support. Always seek guidance from your healthcare provider for medical concerns.

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