

## How can you access the service?

If you are aged between 18 and 65, and have a diagnosed mental health condition, peer support may be helpful for you.

You can either contact the Peer Support Manager directly, or you can ask your GP or mental health professional to refer you.

If you're interested in receiving peer support, please contact us at [peersupport@mindjersey.org](mailto:peersupport@mindjersey.org) call us on 880584 or write to us at:

Peer Support Service  
Mind Jersey  
Centurion House  
17 Beresford Street  
St Helier  
JE2 4TW



Practical  
Encouraging  
Enabling  
Reassuring  
Spiritual  
Uplifting  
Pull Together  
Problem Solving & Sharing  
Opportunity Opener  
Reaches Out  
Togetherness



## Peer Support Service



## Why Peer Support?

Sometimes you need to talk to someone who has been where you've been.

Peer support is for people with mental health problems who would like to talk to someone who knows first-hand what it's like. Mind Jersey offers peer support on a one-to-one basis to help you set and achieve your own goals. These could be social, emotional or practical, short-term or for a longer period, as long as they are achievable within a set time. If you're unsure of what you want to achieve, we can often help you set goals that are right for you.

## Who are Peer Support Workers?

Our peer support workers are all volunteers who have experienced mental health issues of their own, and understand the thoughts and feelings that go with them. They also know that recovery is possible and are happy to share their experience with others. They have been trained to listen, support and help with setting and reaching goals.

Our aim is to help you find your own way through recovery. We're not here to "fix" you or tell you what to do, but we will listen to you, accept you and help you set and achieve your own goals.

## How could Peer Support benefit you?

- Increased self-esteem and confidence
- Improved problem solving skills
- Increased sense of empowerment
- Improved access to work and education
- More confidence in social settings
- Greater hopefulness about your own potential
- More positive feelings about the future.