

# 18-30's

Moving forward



# Young Adult Peer Support Programme

Are you or someone you know, living with or at the early stages of developing mental health needs?

If you are between 18-30 and live in **Havering** then... **WE CAN HELP!**

Our 18-30's is a scheme to support young adults in their recovery from mental health distress. We help and encourage people to achieve an active and fulfilling life through awareness, prevention and on-going support by peers.

## What does our scheme provide?

A 12 week course consisting of:

- Cognitive Behavioural Therapy (CBT) Skills sessions to help tackle problematic areas such as: anxiety, stress, anger, depression, self-esteem, assertiveness and dealing with loss and change.
- Informative and creative workshops aiming to inspire new interests, hobbies and pathways to employment and volunteering

## What is Peer Support?

Giving and receiving support by others who share lived experience

- P Positive** People are seen as individuals rather than diagnoses, and encouraged to recognise their strength abilities and potential
- E Empathetic** Peer Supporters offer genuine understanding based on shared experience of mental health problems and emotional distress
- E Empowering** Lived experience is valued and people are enabled to move forward and take control of their own wellbeing
- R Reciprocal** Peer Support relationships are equal and mutually helpful responsibility is shared and everyone benefits

For further information please contact **Havering Mind** on:



**Havering**

Supporting and Educating  
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