

Peer Support

Side by side



Peer Support – a way of giving and receiving help with living, wellbeing and mental health

- Have you experienced a mental health issue?
- Would you like to belong to a supportive, positive group?
- Would you like to learn new recovery skills for yourself?
- Would you like to learn to support other people in their recovery?

We support a range of groups providing activities that promote connection with others and enhance general wellbeing

Each one of us has strengths, qualities, skills, and gifts that we can offer. Peer Support is a way of helping each other find and use our abilities.

P Positive – People are seen as individuals rather than diagnoses, and encouraged to recognize their strengths 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:

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Supporting and Educating
the local community



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