

*Using personal experiences of
mental health challenges to
inspire hope and recovery*

East Sussex Community Network

Peer Support Service



“I’ve found peer support to be the most safe, secure, empowering and confidence-building experience that I’ve had. I’m inspired to reach for the stars by my Peer Specialist, someone who is doing what they love whilst managing their recovery.”

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**Are you are struggling
with mental health challenges?
The Peer Support Service can help.**

Drawing on personal experiences of mental health challenges our Peer Support Specialists will work with you to support recovery and prevent crisis, enabling you to identify and maintain positive coping strategies and self-management tools.

What does the service offer?

One to one support

Our trainer Peer Specialists will work with you for up to 6-8 sessions enabling you to identify goals and overcome challenges that will help you move forward in your recovery and maintain positive health and well-being. This includes managing your mental health, identifying your strengths and interests, connecting with the local community and exploring options such as volunteering, returning to work or other beneficial activities.

Drop-in sessions

We also offer weekly recovery focussed drop in sessions at our East Sussex Community Network Well-being centres where you can talk with other people facing mental health challenges in a friendly, safe and informal environment. The drop-ins are led by our Peer Specialists and a Peer volunteer, however, you will have the opportunity to share and listen to stories of recovery and hope,

enabling and empowering one another to move forward and identify management techniques and pathways for recovery.

If you are interested in volunteering your time to co-facilitate our weekly drop-in sessions, please get in touch.

Peer Mentoring Training

Do you have lived experience of mental health challenges? If you are interested in Peer support/mentoring, we provide a NCFE Level 2 Award in Mentoring. This qualification provides a deeper understanding of the role of a mentor and will provide you with the skills, knowledge, competency and confidence to mentor others using a recovery focussed/peer support approach.

Where can I access support?

The Peer Support Service is provided at the East Sussex Community Network's seven Wellbeing Centres in Hastings/ St Leonard's, Bexhill, Lewes, Eastbourne, Hailsham, Uckfield and Newhaven. You can also request to meet a Peer Support Specialist in your local community.

Am I eligible and how do I apply?

The service is available for people aged 16+ living in East Sussex with mental health support needs. To apply, contact us on the details below. We accept self-referrals and referrals from organisations and providers on behalf of individuals.



**For more
information**

Call **01323 340151** or
Email michelletrunchion@southdown.org