

*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 you to get well, stay well and prevent crisis. Through mutual understanding, respect and shared experiences, we aim to inspire hope and recovery.

What does the service offer?

One to one support

Peer specialists will work with you in up to 6-8 one to one sessions. They can help you to overcome challenges and work on specific goals including managing your mental health, identifying your strengths and interests, connecting with the local community and taking part in volunteering, work or other activities.

Drop-in sessions

We also offer weekly recovery-focused drop-in sessions where you can talk with other people facing mental health challenges in a friendly, safe and informal environment. You can participate in recovery-focused activities, have a one to one session with a Peer Support Specialist or just pop in to see a friendly face and have a cup of tea.

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 helps give a deeper understanding of the role of a mentor and will help develop your skills and personal tool kit with a recovery focused approach to improving mental health and wellbeing.

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 405 334** or

Email PeerServiceESussex@southdown.org