

The next step

If you're ready for a challenge and want to develop new skills and build your confidence, why not find out more about peer support?

Contact

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Come along to one of our recruitment sessions at:
Living Well Partnership Centre, 65 Effra Road, Brixton,
London SW2 1BZ

Monday 13 Jan 2014, 12.30-4pm
Thursday 16 Jan 2014, 12.30-4pm

www.metropolitan.org.uk/missinglink

We look forward to seeing you there.

Improving **life** together



2014

JOIN US AS A PEER SUPPORTER

and use your lived experience of mental health to help others



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Welcome

If you have mental health issues you know that it can make a real difference to have someone around who's had similar experiences; someone who knows what you're going through and has the compassion, understanding and the desire to help on your road to recovery.

If you have lived experience of mental health and would like to share and build on your knowledge, why not become a peer supporter and help others who need that compassion and understanding?

Getting involved in this innovative new peer support training programme will help you on your recovery journey too.

You will:

- get paid (within permitted work/benefit rules)
- gain a City & Guilds accredited qualification
- share your experiences and gain insight working with a multi-disciplinary team of mental health professionals
- use the experience as a stepping stone to a future career
- benefit from ongoing support.

If you like the idea of helping others to make positive changes by providing practical and emotional support, becoming a peer supporter is one of the best routes you can take.



Don't just take our word for it

Two peer supporters explain the impact the training has had on their lives:



The peer support training offered me a purpose, affirmed my independence and gave me back my self confidence and self belief.

Mags



Peer support has given me an opportunity to become a paid personal assistant to the peer I am currently working with. I have gained confidence in my abilities and recognised that it's great to be able to help others.

Maggie

