

A peer mentor will **listen to you without judgment**. They will offer you support based on their own lived experience, and give you the opportunity to think about what you'd like to achieve and share ideas that have worked for them.

If you are offered an annual physical health check by your GP – a peer mentor can support you to understand and make sense of what it is, and help you to work through any fears you may have.

You might not have had this type of support before, but you may find it useful

- We will arrange an introduction between you and one of our peer mentor volunteers. This will be a mentor with similar experiences to you.
- Once an introduction is made between you and your mentor, we will arrange a time that works for you both so your mentoring conversations can begin.
- Mentoring can take place on the phone, online in virtual meetings, or face-to-face. You will be offered at least six conversations.
- We welcome referrals through Open Mental Health partner organisations including Mindline 24/7, any health professional or organisation you are in contact with, or you can contact us yourself.
- All of our peer mentors are volunteers and want to help others who have been in the same position as them.

Interested, or want to find out more?

Contact Sue for an informal chat:

 **07436 073 030**
 **susan.hunter@rethink.org**

Want to find out more about Peer Connections or interested in becoming a mentor?

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**Rethink
Mental
Illness.**

Mindline Somerset

Mindline is a confidential listening service which provides a safe place to talk if you, or someone you know, is in mental distress or needs emotional support.

Local call 01823 276 892
Freephone 0800 138 1692

Open
Mental
Health

Open Mental Health is a Somerset alliance of NHS, social care, voluntary organisations and individuals who ensure you get the support you need, when you need it.

Do you experience challenges with your mental health?



Talk to a mentor who understands through Peer Connections

Open
Mental
Health

**Rethink
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Illness.**

Peer Connections is a free service that offers support to anyone aged 18+ and living in Somerset who experience challenges with their mental health

Our peer volunteer team have had their own challenges with mental health and have found coping strategies and skills that have worked for them. They would have a good understanding of your experiences, feelings and thoughts.

"I enjoy speaking to my mentor and there are not many services or people that I feel comfortable having these sorts of conversations with; it has been a real help."



Interested in becoming a peer mentor volunteer?

Your experiences are a powerful tool that can be used to support other people who have similar struggles with their mental health.

Becoming a peer mentor volunteer may be important to you for various reasons; whether it's to connect with other people, support others through using your experiences, help with a sense of purpose, or gain experience and confidence for employment.

Peer mentoring can be helpful to maintain your own recovery as well as being helpful to those receiving support.

We value your experience

You will be supported at every step of the way as we provide you with training that gives you the information, tools, resources and knowledge. Training is free and provided online.

You won't be on your own, you will be supported in a way that meets your individual needs, from starting your training, all the way through being introduced and mentoring someone who needs support.

"I am continuing to look after myself as it reminds me to use all the skills and tools I have learned to keep myself well in my daily life."

Interested in becoming a mentor?

Contact Sue for an informal chat:

 **07436 073 030**

 **susan.hunter@rethink.org**

"The challenges I've been through I can see from a different perspective. Being a peer mentor has helped me to learn and continue to grow as well as knowing I'm able to help others."



"I signed up to help others, but I realised I receive help and support for myself in abundance. Having the training makes me feel reassured."