



## Referral for Peer Support Services

To request for peer support services or more info, please approach your doctor or clinical team.

We have peer support specialists covering the following areas:

- Selected outpatient clinics
- Selected inpatient wards
- Allied health services such as occupational therapy and medical social work
- Specialised services such as Early Psychosis Intervention Programme and National Addictions Management Services


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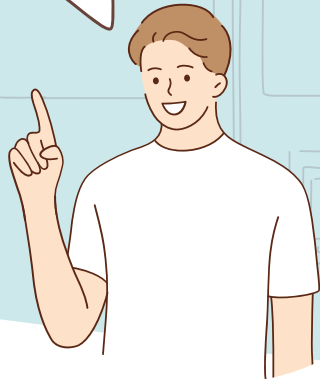
 Institute of Mental Health

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## Peer Support Services

## What is peer support?



In mental healthcare, peer support refers to the support that a person with lived experience of mental health challenges provides to another person-in-recovery. While peer support may happen informally, IMH has professionally trained Peer Support Specialists (PSS) who offer the opportunity for a mutually supportive and empowering relationship.

PSS help individuals develop personal goals, self-empowerment strategies, and take concrete steps towards building fulfilling, and self-determined lives. By drawing on their lived experiences, they offer guidance, encouragement and hope to suitable peers at various stages of recovery – including those who are acutely unwell and those returning to their communities. The inclusion of PSS emphasises the importance of holistic recovery, complementing clinically driven treatments in mental healthcare.



## Programme and Initiatives

We offer a range of peer support services, including person-driven individual sessions and peer support groups or workshops. These may include:

- One-to-one support
- Recovery workshop
- Peer support groups

Please approach your clinical team for more information on the available programmes and initiatives by peer support specialist(s) in the department.

Through our peer support programme and initiatives, we aim to empower peers by:

- Offering hope of personal recovery
- Enhancing understanding of mental health challenges
- Addressing social and self-stigma
- Improving personal coping and self-management of symptoms
- Strengthening the support system

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Recovery is **remembering** who you are and using your **strengths** to become all that you were meant to be.

– Lori Ashcraft ,  
Founder of Resilience, Inc

