

Get in touch with our Peer Support Specialists



Referral for Peer Support Services

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

We have peer support specialists in the following areas:

- **Outpatient services** such as Clinic B, Community Wellness Clinic (Queenstown) and forensic psychiatry
- **Inpatient wards** such as Slow Stream Rehab, Recovery Centre and selected acute wards
- **Allied health services** such as case management, occupational therapy and psychology
- **Specialised services** such Early Psychosis Intervention Programme, Mood Disorders Unit and National Addictions Management Services

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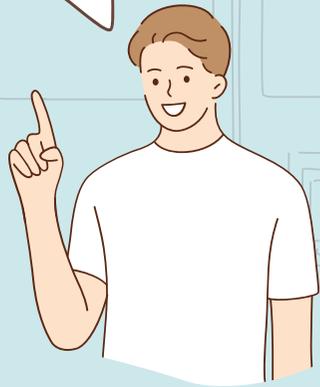
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Peer Support Services



*What is
peer
support?*



Mental health conditions are complex challenges with profound influences on the biological, psychological and social aspects of a person's life. Having peer support specialists integrated into the diverse clinical teams enables peer support to complement and enhance existing mental health services in IMH. These specialists provide a recovery perspective to the psychological and social outlook on persons with mental health conditions.

By leveraging their lived experience, peer support specialists offer peer support to interested or suitable peers at various stages of their recovery, including those who are acutely unwell and those returning to their communities.



Programme and Initiatives

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

- One-to-one support (in person or via telephone)
- Recovery Workshop
- Online and Offline Peer Support Groups
- Monthly Peer Sharing

Please speak to your clinical team for more information on the available programmes and initiatives by peer support specialist(s) in the department (subject to triage and referral).

Apart from direct engagement with the peers they support, peer support specialists also contribute to mental health advocacy efforts to raise awareness and remove stigma, while promoting mental wellness and recovery.

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
- Building self-confidence
- Nurturing positive mindset
- Managing negative emotions
- Improving personal coping and self-management of symptoms
- Strengthening of 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

