

Meet some of the Mentoring team



Some qualities a Peer Mentor might have

- ◆ Do you have lived experience of mental health challenges— either your own or someone who you support?
- ◆ Are you well and managing your wellbeing?
- ◆ Can you use your experience to support others?
- ◆ Could you inspire confidence & trust?
- ◆ Do you have a creative and positive approach to overcoming life's barriers?
- ◆ Can you provide practical assistance to help the mentee build local support networks?
- ◆ Can you encourage and motivate others to get involved in something & use their time meaningfully?
- ◆ Can you listen and be non-judgemental?
- ◆ Are you over 18 years old?
- ◆ Are you available for at least 4 hours a week?
- ◆ Are you willing and able to attend training to support you in your mentoring role?

YOU

are just the sort of person we
are looking for!

Would you like to become part of our Peer Mentoring team?

Come and meet Claire, the mentoring coordinator to see if the role is for you & find out more about;

- ◆ the Mentoring Project, how it is evolving and our successes
- ◆ the role, the commitment, the sort of skills a mentor might have and the application process
- ◆ the training, support & other opportunities offered
- ◆ What you might be doing as a Peer Mentor

Café Conversations Event, May 2018— celebrating our project



For more information contact;

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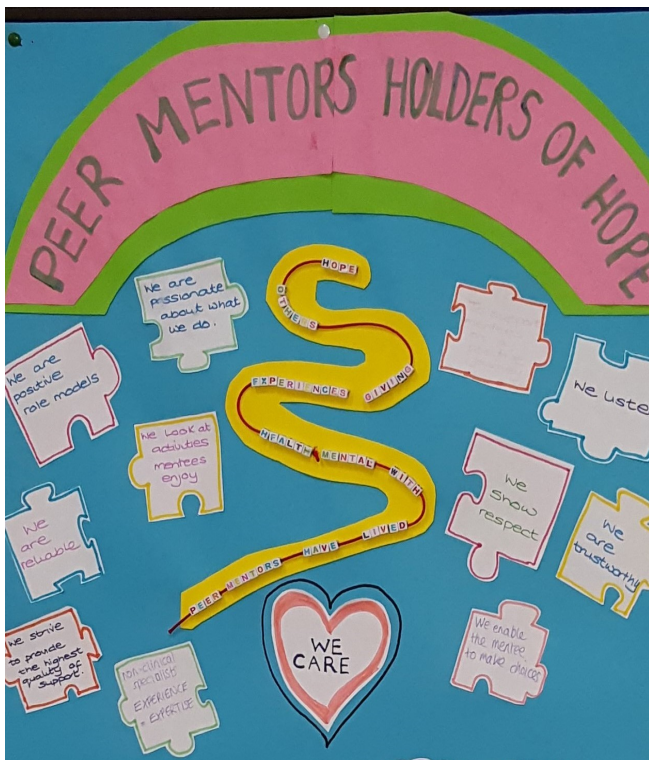
Peer Mentoring

**Creatively supporting Mental
Health & Wellbeing**



Are you receiving
mental health support from
AWP? Then you could ask for
a Peer Mentor for some
additional support

Could you use your
lived experience of
mental health to
support someone?



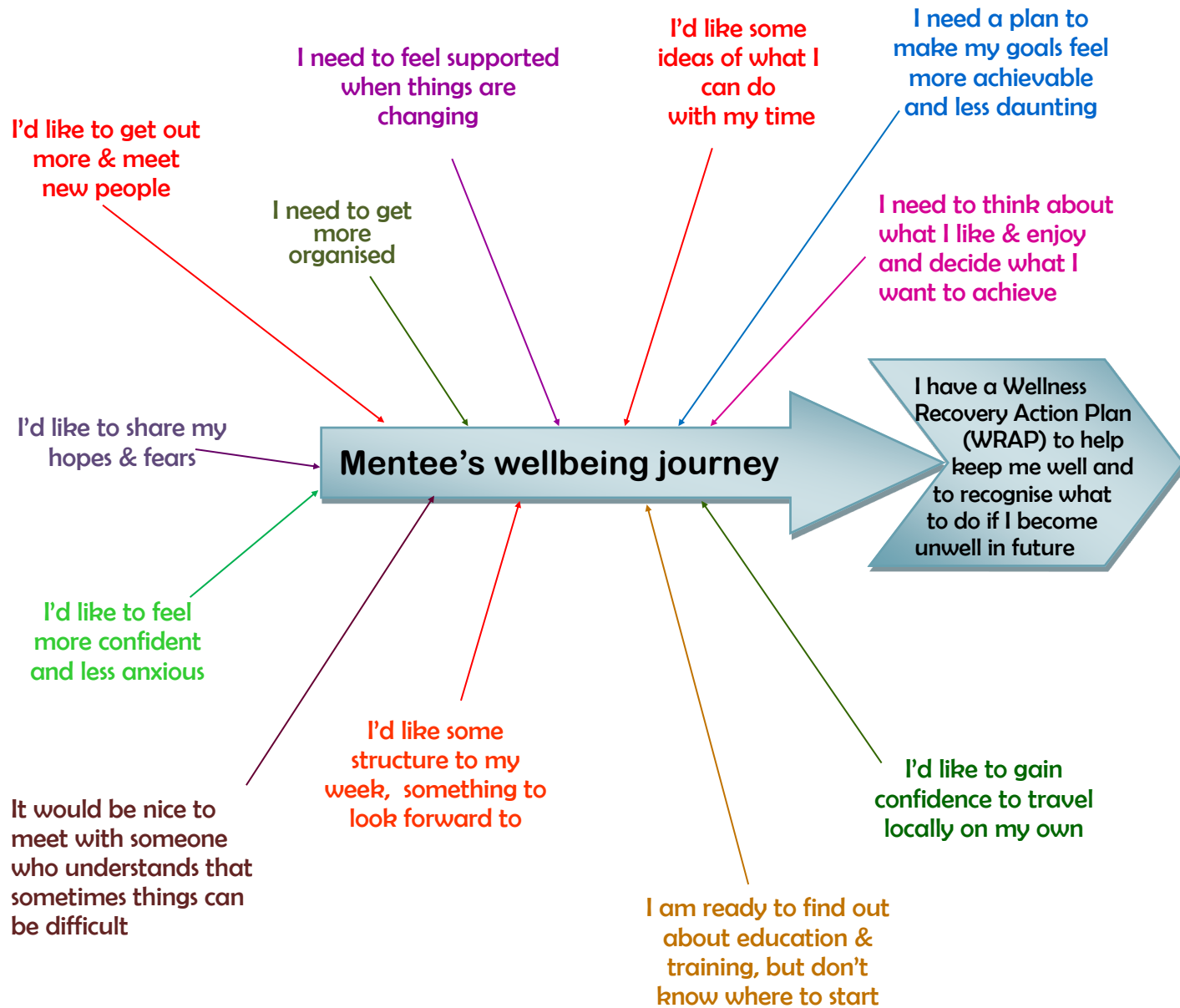
What to do next if you would like the support of a Peer Mentor

To access a Peer mentor you will need to be working with/ have been assessed by AWP.

* **You can speak to your Care Coordinator or AWP support worker**, if appropriate, they will help you identify what you might like support with and complete a referral form with you, this is sent to the Peer Mentoring Coordinator, who will then contact you to explain what Mentoring offers & if you want to go ahead what happens next.

* **Speak to your GP – if you are not supported by AWP currently**, explain that you would like a Peer Mentor, which can be accessed through AWP, your GP will need to refer you to PCLS for an assessment, if appropriate, they can refer you for a peer mentor (you can request this during your assessment with them)

How could a Peer Mentor support you?



A Mentor will NOT.....

- * Advocate or make a complaint on your behalf (but can support you to do so)
- * Replace your Care Coordinator./ MH support—mentors are short term additional support for wellbeing