

# You don't have to go through this alone.

If you're struggling with your mental health and want support from someone who knows what it's like, a peer mentor could help you



## What do peer mentors do?

Peer mentors draw on their own experiences of living with mental health problems to support you on your journey. They offer emotional and practical support to help you overcome obstacles in your life and build a better future for yourself.

## What could a peer mentor help me with?

You're the expert on your own wellbeing, and you know what's important to you. Your peer mentor will listen and work with you as an equal. You both have unique experiences, and will learn from each other on your journey together.

Your peer mentor will help you think about changes you want to make to your life, and when you're ready, help you plan to make them happen.

## For example, you might want to:

- explore how to keep well
- find activities or social groups in your local community
- plan an exercise routine
- explore educational, voluntary, or work opportunities

Your peer mentor could also support you by attending appointments with you or helping you to understand and work through welfare or housing issues.

Your peer mentor can meet with you up to 10 times over up to 5 months. To find out more, contact us:

**0300 303 1660** or **[camden.peermentoring@voiceability.org](mailto:camden.peermentoring@voiceability.org)**