

Our peer supporters can:

- Provide emotional and practical support
- Suggest ideas and inspiration for better wellbeing and recovery
- Connect you with services and support groups
- Help you to achieve goals related to wellbeing
- Introduce you to a network of people who are on the road to recovery.

Our peer supporters can't provide:

- Advocacy and advice work (including financial, housing or benefits support)
- Counselling, CBT or any other type of psychological therapy service
- Support for learning disabilities
- Care work
- Life coaching

What our peers say

"I am more confident in reaching my goals in life."

"The groups provide a warm, friendly and safe environment where I feel relaxed."

"My confidence and self-esteem has improved."

"I found it helpful to understand how other people are dealing with similar issues."

"I feel less isolated."

"My confidence has improved a lot. At the start I was very self-critical and hard on myself."

SelfHelp
Improving mental health

Together
we're better

Contact the Peer Support team:

0161 226 3871

communityservices@selfhelpservices.org.uk

www.selfhelpservices.org.uk

 @WeAreSelfHelp

Funded by:



Working in partnership with
NHS Central, North and
South Manchester CCGs.



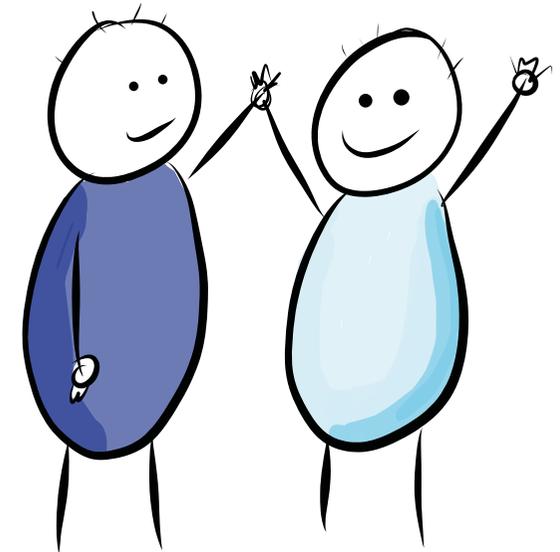
LOTTERY FUNDED



Manchester
Settlement
widening horizons since 1895

SelfHelp
Peer Support

Your guide to our services



Together
we're
better

Your guide to our Peer Support services

What is Peer Support?

Peer Support is a term used to describe the support given by people with lived experience of mental health difficulties to others experiencing similar issues.

At Self Help, our Peer Support team understand what you are experiencing. They can offer a range of support to help improve your life and make you feel better, through sharing experiences and understanding.

Courses

Our free courses offer a relaxed, non-clinical space for you to meet others with similar experiences and to learn and share ideas on how to feel better.

Rough Guide to Being Well Course

Make the journey from stuck, to recovering and thriving!

On this course, our Peer Support team give a complete overview of the steps needed to feel better and how to remain feeling that way.

If you're feeling depressed or anxious, the course lets you share and discover new ideas to improve how you feel in a supportive environment.

Boost Course

In just six enjoyable two-hour sessions, our Boost course offers skills and tips for coping with problems, sorting out feelings when you feel fed-up or stressed, improving confidence and making plans to do more things that make you feel good. You'll meet new people, make new friends and have a laugh along the way!

Groups

Our drop-in groups offer a supportive and non-judgmental space where you can meet others who are dealing with similar emotional difficulties. Our groups provide a space to get information, help and support.

Peer Mentors

Want to speak to someone who really understands what you're going through? We provide one-to-one sessions with Peer Mentors who provide emotional and practical advice based on what's helped them. You can access this support over the phone or face-to-face across Manchester, at a time and place to suit you.

Peer Connect Service

The Peer Connect service is designed for people making initial enquiries about our services and do not necessarily know which service is right for them.

Our Peer Support workers can arrange to visit you at your home, or at a nearby community location, to discuss the support available to you through other organisations and services.

If you need a helping hand, our team are also available to help you complete referral forms and can accompany you to your first appointment at a service or drop-in group, if you would find this helpful.

Involvement

As a user-led organisation, we are run by and for those with personal experiences of mental health issues. Therefore, we are passionate about your thoughts and opinions. We can use these to help further improve our services.

At times, we are also able to provide opportunities for those with personal experiences of mental health to work with a variety of external agencies to ensure that your voice is heard.

DONUTS

To continually develop and improve our Peer Support services, we hold DONUTS (Design of New Unique Therapeutic Services) groups to gather feedback on our services.

For more information on any of our Peer Support services call 0161 226 3871 or email communityservices@selfhelpservices.org.uk



*Together
we're
better*