



## Peer Health Coaching

To support people living with a mental illness achieve healthy outcomes and work on a specific physical health goal.

Comcare recognises the importance of the relationship between physical and mental health and has endorsed the Equally Well initiative which has been developed to improve the physical health outcomes for people with experience of mental health and/or addiction issues.

### Peer Health Coaching

**Peer Health Coaching** helps a client identify ways to improve their own health and wellbeing and provides short term coaching and support. Peer health coaches work with a person on a specific health related goal over 6 sessions (plus a pre and post meeting). Coaching activities promote successful outcomes through motivational interviewing and attention to strengths, needs and goals.

Receiving Peer Health Coaching to work through obstacles, identify support and information and provide motivation has helped participants to achieve their health goals. Clients feel more able to manage their health and have more confidence in maintaining healthy lifestyle changes after Peer Health Coaching.

### Peer Health Coaches

As well as being trained in using their lived experiences of recovery, Peer Health Coaches are also trained in coaching techniques which enable clients to find sustainable and meaningful strategies to achieve their physical health goals. They are passionate about the link between physical and mental health and understand the challenges of making lifestyle changes.



### Peer Health Coaching Pilot in Australia

Peer Health Coaching Pilot Project showed:

- an improvement in both physical health and mental health
- 73% of clients achieved their goal within the 6 sessions, or achieved it enough to feel confident to complete it independently
- An overall improvement in health literacy.

“It’s fantastic—when you know they’ve been there too. They understand everything. She’s very motivating. I feel great after I talk to her. She talks in a way I can understand. And it worked!” (Client)

### Contact Peer Services

Phone: 03 379 8412

Fax: 03 961 0794

Email: [peerhealth@comcare.org.nz](mailto:peerhealth@comcare.org.nz)

Post: PO Box 22004, Christchurch 8142.

### Who is eligible?

Adults with mental illness and/or addiction who live in Canterbury and have a physical health goal.

### Who can refer?

Referrals can be made by health professionals, however individuals may self-refer. Contact us for a referral form.