

Mā te whakamahi i ngā wheako ngā ki te tautoko i te iwi ki te matau mea kei te tupu me pehea e hiahia ana ratou ki te neke whakamua.

Using shared experiences to support people to understand what is happening and how they want to move forward.

What is Peer Support?

Peer Support is not like clinical support, nor is it just like being friends. Peer Support helps people to understand each other because they've 'been there', shared similar experiences and can model for each other a willingness to learn and grow. In Peer Support people come together with the intention of changing unhelpful patterns, getting out of 'stuck' places, and building relationships that are respectful, mutually responsible, and potentially mutually transforming. In other words people use peer support because it feels safe and accepting.

Peer Support ...

- Intentional, purposeful relationships that assist us to step outside our current story and enables both parties to learn and grow.
- Encourages us to understand and re-evaluate how and why each of us has learned to make sense of our experiences.
- Promotes a 'trauma-informed' way of relating so we focus on what happened?
- Encourages us to move towards what and where we want to be rather than focussing on what we need to stop or avoid doing.



How do we work?

- Following a referral, a Peer Supporter will meet regularly with the person (or talk over the phone) to assist them explore their vision and the barriers that are stopping them from moving towards it.
- Generally we will provide peer support for a person for 6 months, although this can be extended if required.
- Peer Support workers build trusting relationships where people can feel safe to share, learn, grow and take risks.

Peer Support Workers ...

Comcare Peer Supporters have all had personal experience of mental illness and/or addiction. They are well trained and supported, receiving both individual and group supervision.

Peer Support training assists people examine their past and current experiences, their potential strengths and vulnerabilities as well as training in communication, boundaries, trauma informed, developing resilience, and self care.

Based on the principle that to understand peer support you must first experience peer support, a culture of peer support is essential within the service and is modelled and developed during initial training, ongoing training and supervision groups.

Other Comcare Peer Support:

- Warmline
- Pre-vocational Peer Support
- North Canterbury Peer Support
- Peer Support Training
- Peer Health Coaching

Referrals:

Peer Support is for anyone who is struggling with mental illness and/or addictions.

People can self-refer, be referred by SMHS, their GP or other community services

Contact Information:

Phone (03) 379 8412
peersupport@comcare.org.nz
www.comcare.org.nz