



## Peer Health Coaching

**Ko te whakaora, he hīkoi whakāmarama Māna anō tōna ake ara whakaora e whakarau.**

A journey of discovery where an individual leads their own unique process of moving forwards.

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Comcare recognises the importance of the relationship between physical and mental health and has endorsed the *Equally Well* initiative (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. Coaching activities promote successful outcomes through motivational interviewing and attention to strengths, needs and goals.

Receiving Peer Health Coaching helps to work through obstacles, identify support and information, and provide motivation. Participants can achieve their health goals, 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 Outcomes

Our Peer Health Coaching has supported people to:  
Have dental work, eye checks, full GP health checks, to improve their diet and to join gyms or increase their physical activity.

*"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!"*

*"Completing a health prompt made me aware of what I needed to work on, and with the support of my peer health coach I went to get my eyes tested for the first time. When I received the bad news I was glad that she stayed with me to help me understand what it meant & what the options were."*

### Who can refer?

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

### Who is eligible?

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

### Contact Peer Services

Phone: 03 377 7020

Website: [www.comcare.org.nz](http://www.comcare.org.nz)

Post: PO Box 22 004, Christchurch 8140.

### Visit Us

Location: 334 Lincoln Road,  
Addington, Christchurch 8024