



For better mental health

West Sussex Wellbeing Initiatives

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Managed by Mind in Brighton and Hove

(Registered Charity 1071434, Limited Company 3592375)

A PEER MENTORING INITIATIVE for WEST SUSSEX

A rewarding way to support people with mental health problems on their road to recovery

What is peer mentoring?

- assisting someone to become independent
- enabling someone to develop new skills
- supporting someone to achieve their full potential
- focusing on agreed goals
- supporting someone to achieve recovery
- using your personal experience to connect with others

Are you able to

- offer reliability on a weekly basis?
- be genuine and non-judgemental?
- be a role model?
- offer skilled advice and support?

Why not join us as a Peer Mentor?

We can offer you the opportunity of:

- Free OCN accredited training
- Clear guidelines and supervision
- A friendly team and support network