



MINDSPACE
PEER SUPPORT HUB
Referral Information



Empowerment: Mutuality: Responsibility: Authenticity: Experience: Hope

MindSpace, 18/20 York Place, Perth . PH2 8EH



www.mindspacepk.com
Email: peersupport@mindspacepk.com

About Mindspace Peer Hub

Mindspace is passionate about Mental Health and the promotion of self-management. The Mindspace peer support hub provides side by side support to people living with, or experiencing mental health difficulties. Our community based service is delivered through a blend of 1-2-1 peer support and or group activities with an emphasis on supporting and promoting hope, confidence, life skills, connections, independence and interdependence while developing and sustaining meaningful productive and enriched lives within the community.

Our peer support hub is guided by the Scottish Recovery Network's mental health recovery values of connectedness, hope, identity, meaning and empowerment. Peer support workers use their lived experience to promote recovery within relationships founded on respect, empathy, shared responsibility and mutual agreement. We provide flexible peer support working in both structured and social settings to explore, encourage and develop opportunities designed to build and support personal growth.

About Peer Support

Peer support is not peer mentoring or befriending. Peer support believes that anyone with the right support can live as fulfilled a life as possible. At Mindspace our peer support workers use and share their personal experiences, focusing on building relationships with mutuality at its core. Within a safe learning environment both parties have an opportunity to learn from and support each other, focusing on respect, strength, empathy, and hope with each individual honoured as expert within their wellbeing and recovery.

Peer support can help to:

- **Manage emotional and psychological challenges**
- **Explore connections within the community**
- **Access education, training, volunteering and work**
- **Improve health and wellbeing**
- **Access financial advice and support**
- **Access childcare advice**
- **Access work experience**
- **Access supported employment opportunities**



Making a Referral to the Peer Support Hub

People who feel they would find peer support useful can either self refer or ask an agency or individual to refer them on their behalf. A referral form can be found on our website www.mindspacepk.com

People looking to receive support through the peer hub should be aged 16 or over and are required to meet some eligibility criteria:

- Long term physical disability and/or health condition
- Mental health condition
- Live within a rural or deprived area
- Homeless or affected by housing exclusion
- Unemployed, low skilled, underemployed and/or on a low income
- Over 54 years of age
- Armed forces veteran
- Primary carer

**** If you are unsure about whether you or the person you are referring is eligible to refer for peer support please contact us.**

People who are interested in accessing peer support should be prepared to provide evidence of their eligibility. We understand that this can be difficult and challenging for a person and will do our best to make this aspect of the referral as easy as possible. For more details or information on this please contact the peer support development worker.

Referral can be made by completing the initial contact sheet, available by emailing peersupport@mindspacepk.com or by visiting www.mindspacepk.com and going to the peer support tab. Please provide as much information as possible.

“The benefits of Peer Support are wide ranging for those receiving the support, ... one of the key benefits of Peer Support is the greater perceived empathy and respect that peer supporters are seen to have for the individuals they support”

(Mental Health Foundation)

What happens after referral?

Once we have received the referral form, a member of the peer support team will contact the person directly to arrange an initial meeting. At this point the worker will confirm the eligibility criteria is met and discuss what support the person feels they would benefit from.

Peer support is focused work and the worker will work along side the person to identify specific goals or aims and plan with them to work towards these goals. The peer relationship is short and will last on average 6-8 weeks, however some will be shorter or longer dependant on the needs of the person.

“Peer support is not like clinical support, nor is it just about being friends. Unlike clinical help, peer support helps people understand each other because they’ve ‘been there’ shared similar experiences and can model for each other a willingness to learn and grow. In peers 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”

(Mead and MacNeil, 2003)



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