



Could you support people in your community with their mental health?

We are working with local organisations to build a team of mental health Peer Supporters.

Peer Supporters help others in the local community by:

- Spotting the signs of poor wellbeing
- Connecting with individuals through meaningful relationships and conversations
- Signposting to support services in the community
- Promoting positive wellbeing through challenging stigma and raising awareness
- Building the reputation and confidence that their organisation is a mentally healthy safe place

Peer Supporters will attend a **2-day training course** with Mind in Mid Herts, followed by ongoing supervision and development sessions, to ensure that you feel confident that you can support your peers.

If you have any questions, please do not hesitate to contact our training team on the below email address:

training@mindinmidherts.org.uk

You will also get the chance to connect with and learn from other Peer Supporters, hence increasing your knowledge and support network.

We will be hosting online information sessions on the below dates to answer any questions you may have before the training courses start:

Tuesday 11th January 5:30pm-6:30pm

Monday 7th February 5:30pm-6:30pm

Please go to the website below to sign up to one of these information sessions, or to sign up directly for one of the 2-day Peer Supporter training courses.

www.mindinmidherts.org.uk/mental-health-training-and-workshops/building-stronger-communities/


in Mid Herts

www.mindinmidherts.org.uk

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