

*promoting  
wellbeing*  
Manaakitia te Mauri



**Corstorphine Baptist Community Trust**

## Peer Support

**A peer support worker is someone who has used or is currently using Mental Health Services or they have a close family member who has experienced mental illness.**

### **What is Peer Support?**

Peer support is a system of giving and receiving help founded on key principles of respect, shared responsibility and mutual agreement of what is helpful.

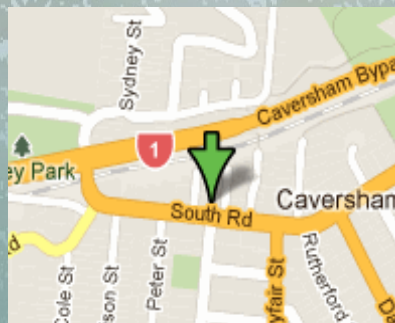
### **Some of the day to day things the peer support worker does are:**

- Visits CBCT's residential houses and those receiving community support.
- Produces an organisational newsletter every two to three months to represent what is happening across all services within CBCT.
- Facilitates a flow of information between service users and CBCT staff and management.
- Conducts regular surveys to ensure that service users are comfortable with the services they are receiving.
- Supports CBCT staff to understand the perspective of a mental health service user.

- Conducts entry and exit surveys to gain feedback on your experiences with CBCT.
- Helps service users or family/whanau complete a feedback or complaint form and works with you to ensure your voice is heard and an acceptable resolution is achieved.
- Provides education and resources about services and support that are available within the wider community.
- Shares ideas and tools that have helped them and others overcome obstacles in the past.

***CBCT is an incorporated charitable trust that has been providing support services in the areas of mental health, intellectual disability and head injury for over***

**Where can you find us:**



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