

What is peer support?

Building our collective mental health



Peer support is a name for supporting each other as equals

Peer support is about using the resources in our community to support each other with mental health. Often we can think that our mental health is a private matter, just for ourselves and maybe family and a health professional if necessary. But this means that we can miss the wisdom and experience of people who have been through similar things to us and can understand us.



Sometimes this can be structured support

There are times that are more difficult in our lives - it might be having a baby, going back to work, caring for a loved one, or experiencing a bereavement. There are groups of people who have been through the same thing as you have and who meet to share their experience and tips for dealing with this. This could be either one to one or in groups.



We can create peer support around us

There are other ways people build peer support outside their existing family and friends. Two ways are taking part in therapeutic community activities and making friends outside your existing network to bring different perspectives.



Whatever it looks like, good peer support has some key ingredients

For good support to happen, we need to feel able to trust the people involved and feel listened to: "they won't judge you, they will listen, you will get things off your chest". The person facilitating the activity should provide this.



Peer support can be powerful

In our research, people told us that peer support helped them to build positive effects in their life: confidence and self-esteem, knowledge and strategies, shared understandings of experiences, relief and expression, a network, power to change the system and better mental health

Get involved

Building our collective mental health

MIND in Tower Hamlets, Hackney and Newham

Activities, peer support groups and one-to-one support, including LEAP peer leadership, Connecting Communities and Mums Matter
www.mithn.org.uk / peerservices@mithn.org.uk
020 7510 1081

Bangladeshi Mental Health Forum

Signposting, education and events
www.bangladeshimentalhealth.org
support@bangladeshimentalhealth.org
07871927320 / 07871927324

Coffee Afrik

Crisis cafe and community projects with focus on the Somali community
<https://www.coffeeafrique.co.uk/contact>

Sure Steps

Support in the first year of pregnancy
sure.steps@safh.org.uk
07969023218

Beside and the Hearing Voices Network

Support groups for hearing voices
<https://www.hearing-voices.org/groups/tower-hamlets-beside/>
info@beside.org.uk
0207 033 6888

Good Friends

Friendship across Tower Hamlets
<https://www.safh.org.uk/good-friends>
07969023218

Men's Groups

Men's Transformation Project - The Linc Centre - 0207 538 5741
The Men's Cabin - Aberfeldy Community Centre, 0207 515 6794

Tower Hamlets Recovery College

Courses to support your mental health
<https://www.elft.nhs.uk/tower-hamlets-recovery-college>
elft.thrc@nhs.net
0207 426 2332

Sakinah

Supporting Muslim women, groups in local mosques
peerservices@mithn.org.uk
07511 076874

Band for Life

Music making and social space
www.band-for-life.com
bandforlifeproject@gmail.com
020 8880 7301 or 07545 445217

Let's Talk Mental Health

A group to connect and explore practical tips to work towards self-acceptance
07435734048

Carers' Coffee Morning

A monthly coffee morning for carers
07551 662497
connect@bbbc.org.uk

Heba

Training and enterprise for women
www.heba.org.uk
020 7377 0400
admin@heba.org.uk

LBTQIA+ Coffee Afternoon

Weekly coffee and connection
07507 556908/ 020 8709 9700
connect@bbbc.org.uk

If you are curious about getting involved in peer support, please contact Amy or Aryeh on 07435 734048 or socialprescribing.bbhc@nhs.net