

How are Peer Support Workers supported?

Working within mental health and learning disability services can be stressful and emotionally demanding for all our staff. We recognise that Peer Support Workers need additional support to reflect on the unique challenges of openly using their lived experience of mental health challenges at work.

All Peer Support Workers have access to regular clinical supervision with a Peer Support Co-ordinator or Senior Peer Support Worker. Peer Support Workers attend a bespoke training course and quarterly team meetings with colleagues from across Devon Partnership NHS Trust.

How do I find out more?

Please get in touch with one of our Peer Support Co-ordinators if you are interested in developing peer support in your team, or have any questions.

Naomi Gilbert

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Jo Friend

Joanna.friend@nhs.net

Contact us by email at
dpt.Together@nhs.net

Your feedback

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our service please contact:

Patient Advice and Liaison Service (PALS)

Devon Partnership NHS Trust
Franklyn House
Franklyn Drive
Exeter, EX2 9HS

t: 01392 675 686

e: dpt.pals@nhs.net

www.dpt.nhs.uk



NHS

Devon Partnership
NHS Trust



Peer Support Workers

A guide for staff

Supporting you to live well

www.dpt.nhs.uk

Why Peer Support?

We are committed to working *Together* in everything that we do in partnership with people who use our services and their carers.

By involving people with lived experience of mental health challenges and carers we can provide better quality services and ensure that decisions about future service provision are led by the people who use them.

As part of our *Together* approach, we are recruiting Peer Support Workers to enhance the skill mix of clinical teams right across our organisation.

Peer Support Workers are employed specifically to bring their own lived experience of using services and mental health challenges to support people in their recovery.

What do Peer Support Workers do?

Peer Support Workers are an integral part of the multidisciplinary team. They work alongside people one-to-one and in groups, focusing on sharing experience, helping people to re-establish activities of daily living and planning for recovery.

Peer Support Workers can act as a 'bridge' between the specialist knowledge of healthcare professionals and the day-to-day experiences, challenges and hopes of people using our services.

Peer Support Workers at Devon Partnership NHS Trust currently work in specialist services, acute services, older people's mental health, community services, including home treatment teams. We are also hoping to develop a service within learning disability services.

Peer Support Values



Include people in identifying their strengths and planning their own recovery



Integrate provision by building links with organisations which support wellbeing in the community



Improve quality of services through commitment to person-centred care



Involve people who have used mental health services as multidisciplinary staff team members



Innovate by using personal experience of mental health services to shape new ways of delivering services



Inspire hope for recovery through sharing experiences with colleagues, people using services and their carers