



**Deaf Mental Health  
Peer Support**  
Supporting Your Recovery Pathway



## What is Peer Support?

Mental Health Peer Support is based on the principle that having lived and coped with significant challenges in their own lives, Peer Support Workers may be able to help others manage their own mental health recovery.

They work with people by sharing ideas, offering hope and inspiration, informed by their own life experience of managing a mental health condition.

They also assist people to make a plan which may help people maintain their mental health & wellbeing.

## Working with Others

A Deaf Mental Health Peer Support Worker has been employed to work across 5 Community Mental Health Teams (CMHT) in Greater Glasgow & Clyde, for 18 months. They will use their lived experience to support patients from the deaf community in accessing CMHT's and also in their own recovery journey.

The Peer Support Worker is part of the multi-disciplinary team in Adult Mental Health Services with in-reach to patients whilst in hospital. This support may help you avoid admission to, or reduce how long you require to stay in hospital.

## What can you expect from a Peer Support Worker?

**A Peer Support Worker will:**

- Share their own experience of Mental Health Recovery
- Communicate with you using British Sign Language
- Respect you and treat you as an individual
- Offer you support either at home or in hospital

- Help you create a plan for positive change
- Offer practical support to identify and access community resources
- Offer tools and ideas to help maintain your wellbeing
- Help you to see strengths and assist you in using them

## What is expected of you?

**With Peer Support we hope you will be able to:**

- Explore the challenges you are dealing with
- Create a plan for positive change
- Set achievable goals for yourself and work towards them
- Be open and honest about how you think things are progressing

## When should I think about Peer Support?

**Peer Support may be useful for you if:**

- You think you may benefit from speaking to someone who has a shared/lived experience of similar types of problems
- You require support in managing changes to your wellbeing
- You are managing a long term condition
- You are having difficulty planning for your future
- You find it stressful coping with life events

## How do I get referred?

Speak to your key worker, nurse or doctor who will refer you to the Peer Support Service.

If Peer Support is seen as beneficial, you will be introduced to a Deaf Peer Support Worker by your key worker.



## Here are some things that patients have said about the benefits of Peer Support:-

*"More practical advice based on similar experience was invaluable in providing me with the confidence that I was going to get better"*

*"I was given excellent advice and information which will help me accept and move on to being a happier person"*

*"I feel it worked for me, empathetic person yet challenging my attitudes"*

*"Added support for me meant twice the help, especially from someone has suffered themselves"*

### **For further information, please contact:**

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