

## What is Peer Support?

Peer Support is a person-centred approach for improving mental health and wellbeing - this means that it is centred around you and what you need. You will be supported by a Lancashire Mind coordinator, who will help you access different support routes depending on what you need.

## What happens if I access this service?



One of the Peer Support coordinators will be in touch to organise a wellbeing assessment with you. This is a meeting where we get to know you, talk about how you're feeling and what's happening in your life.



Once we have completed the wellbeing assessment, we will help you to decide which support pathway is best for you, and what support you might need to access that pathway.

## What are the support pathways?

Everybody's support pathway will look a bit different depending on what they need, but it might include some of the following examples:

Up to 2 months of support attending youth groups in your local area

Referral onto our wellbeing coaching programme

Involvement in our training to become a Peer Mentor

Signposting on to more specialist support

You can find more information, including the contact of your local coordinator, at:  
<https://www.lancashiremind.org.uk/project/childrens-peer-support/>