

PEER SUPPORT



**“You gain a sense of
hopefulness and
achievement and you’re
part of a community”**

RF service user

At Richmond Fellowship we recognise that some of the best support an individual can receive is from someone who has lived experience of mental health problems themselves.

More and more of our services are including peer support as an effective way to help individuals overcome social isolation, increase self-motivation, and gain useful skills and experience.

Our peer supporters work alongside our service staff to empower individuals to manage their mental health, develop a belief that they can achieve personal goals and complete tasks and advocate for themselves.

The support is focussed on recovery and social inclusion and is both practical and emotional.

We take a professional approach to our schemes and ensure there is a structured support programme, proper training and safe meeting environments so that those taking part – peer supporters and those being supported – get the maximum benefit.

Key outcomes

- Nearly 90% of people who use our services say we've helped to improve the quality of their life
- And 92% said they would recommend Richmond Fellowship to others.

Our schemes

For those wanting to become a peer supporter we offer accredited training packages.

For those looking for support, our peer networks can help individuals on a one-to-one or group basis with the focus on facilitating access to every day 'mainstream opportunities'.

We help our networks become self-sufficient and work hard to develop links with other local groups so they are properly integrated in their communities.

For example, in Portsmouth we provide both paid and volunteer peer workers to co-design and co-deliver all the courses at the Solent Recovery College.

About Richmond Fellowship (RF)

Our mission is to **make recovery reality**. We've been championing recovery and social inclusion for more than 50 years and we're now one of the largest voluntary sector providers of mental health support across England.

We work with more than **9,000 people** every year across more than **120 localised services**.

Contact us

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