

## Volunteering

We are always looking for new volunteers, if you are interested in joining our service as a Volunteer Peer Leader then please get in contact with us. Full training and support will be provided

## Find out more

- Email us at: [DOV-FOLKpeersupport@rethink.org](mailto:DOV-FOLKpeersupport@rethink.org)
- Phone Will on: 07483 332505
- Find us online: [www.rethink.org/DF-peersupport](http://www.rethink.org/DF-peersupport)
- Find us on Facebook: search for @DFpeersupport

## About LWKM

Live Well Kent and Medway (LWKM) and is delivered on behalf of Kent County Council and the NHS by Porchlight and Shaw Trust. This Dover and Folkestone peer support service is a Live Well Kent and Medway service provided by Rethink Mental Illness on behalf of Kent County Council and the NHS.



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## The power of peer



## Dover and Folkestone peer support service

Providing peer support for people aged 17+ who have common or severe mental illness who live in the Dover and Folkestone areas of Kent.

**Live well**  
Kent and Medway



[rethink.org](http://rethink.org)

## What is peer support?

Peer support is where people with similar experiences come together to support each other in a safe space where everyone's experiences are equally important with no-one person being the expert.

At Rethink Mental Illness, a peer is a someone with lived experience of mental illness who helps others to build relationships, achieve goals and connect with those who understand them.

## What people think about peer support...

*"Peer support helps me because I know the people helping me have a real understanding of what I am going through"*

*"I find sharing my experiences with others helps me feel heard and helps others to know they are not alone"*

*"Peer support gave me more confidence to be myself"*

**"Leading the way to a better quality of life for everyone severely affected by mental illness."**



## What we provide

- Goal focussed, person centred, time limited 121 support to help you improve your mental health and wellbeing and access other services.
- Time limited service-led Peer Support Groups covering topics such as anxiety, hearing voices, assertiveness etc
- Ongoing support for people to set up and attend peer-led long term peer support groups. These can take any form such as music or art or groups or for talking and coming together.

We provide support in person or via whatsapp, email, text, phone and video calls.

We can provide support in the evenings or weekends if needed, for example due to work or education.