



If you have any questions about East Kent Peer Support Service, or would like to find out more about our 1-2-1 and group sessions, please get in touch - we'd be delighted to hear from you!



Rethink Mental Illness
East Kent Peer Support Service (www.rethink.org)



07483 332506



eastkentpeersupport@rethink.org



Our vision is equality, rights, fair treatment, and the maximum quality of life for all those severely affected by mental illness.

For further information on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

rethink.org

Rethink Mental Illness, a company limited by guarantee. Registered in England Number 1227970. Registered Charity Number 271028. Registered Office 28 Albert Embankment, London, SE1 7GR. Authorised and regulated by the Financial Conduct Authority (Firm Registration Number 624502). © Rethink Mental Illness 2023.

**Rethink
Mental
Illness.**

East Kent Peer Support Service

A Peer Support service supporting people in Ashford, Dover, Folkestone, Hythe & Romney Marsh



Volunteering

We are always looking for new volunteer peer support workers to help us with administration work and to co-facilitate or lead groups. If you would like to know more, please get in touch.

About Live Well Kent and Medway

Live Well Kent and Medway is delivered on behalf of Kent County Council and the NHS by Porchlight and Shaw Trust. This East Kent 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.



What we do

A free support service for people who have any kind of mental health condition who live in the East Kent areas of Ashford, Dover, Folkestone, Hythe, and Romney Marsh.

What is peer support?

Our paid Peer Support workers and volunteer Peer Support workers use their own lived experience of mental illness as a tool for support when helping people using the service.

Peer support enables people with shared experiences to give and receive support from each other in a safe space where everyone's experiences are equally important with no one person being the expert.

About us

We provide support either in person or via telephone, video calls, text and email.

We accept referrals from other organisations and we also accept self-referrals from people who want to contact us directly.

Our service hours are Monday to Wednesday 10am to 3pm.

If you, or someone you know would benefit from our service, please give us a call or email us using the details overleaf. You can also follow us on Facebook and keep up to date with the service by searching East Kent Peer Support Service.

1-2-1 Support

We provide low level 1-2-1 support to help you improve your mental health and wellbeing. The 1-2-1 support is time limited and can be provided for up to three months at a time. The support is:

- goal focussed
- person centred
- trauma informed

We will help put you in touch with other services that can help you with your mental health or any other areas of your life you may need help in such as debt support, employment, housing etc.

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

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

Group-based support

We provide time limited Peer Support groups which are co-facilitated by a paid Peer Support worker and a volunteer Peer Support worker, covering topics such as anxiety management, confidence building and managing low mood.

We also provide Peer Support groups led by group members and supported by volunteer Peer Support workers. These can take any form such as music or art groups or space to just talk and spend time together.

"..sharing experiences with others in a group, helps us all to know we are not alone."

