



Volunteering

We are always looking for new volunteers peer workers to help us co-facilitate or lead groups. If you would like to know more please get in touch.

About LWKM

Live Well Kent and Medway and 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.

If you have any questions about East Kent Peer Support, or would like to find out more about when groups and sessions are running, please get in touch - we'd be delighted to hear from you!



Rethink Mental Illness

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



07483 332505



[eastkentpeersupport@
rethink.org](mailto: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

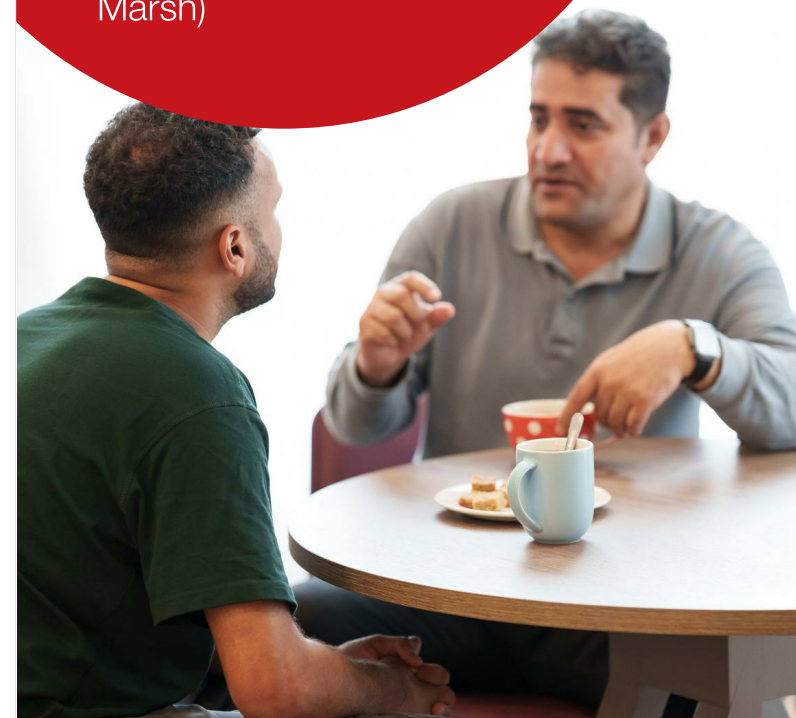
rethink.org

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**Rethink
Mental
Illness.**

East Kent Peer Support

Peer support for people aged
16+ with mental health needs in
Dover, Ashford, Folkestone
(includes Hythe and Romney
Marsh)



Live well
Kent and Medway

What we do

A free support service for people aged 16+ who have any kind of mental health issue (diagnosed or undiagnosed) who live in the East Kent areas of Dover, Ashford, Folkestone (includes Hythe and Romney Marsh areas).

What is peer support?

Our paid Peer Support Workers and Volunteer Peer 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 to 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 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.

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

1-2-1 Support

We provide 1-2-1 support to help you improve your mental health and wellbeing. The 1-2-1 support is time limited can be provided for up to 3 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 e.g. 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 Worker, covering topics such as anxiety management, confidence building, managing low mood.

We also provide peer support groups led by group members and supported by Volunteer Peer Workers. These can take any form such as music or art groups or for space to just talk and spend time together.

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



Follow us on Facebook to keep up to date with what's going on in the service and the local area by searching for East Kent Peer Support Service