

Supporting you on your pathway to recovery

As part of our *Connections* program, we can link you with a peer-worker who has experience with mental health issues and can support you on your pathway to recovery. Your peer worker can share with you their journey to recovery and their experience with the mental health system.

Looking for understanding?

Peer workers draw on their experiences to support you. They can share their tools and coping strategies that have worked for them, and share stories of their own journey where useful to you.

Peer workers support you to:

- find your identity outside of your mental health issues.
- see your strengths and improve your self-worth.
- learn about recovery and find creative ways to manage difficulties.
- build confidence and skills to advocate for your needs.
- plan what you do to stay safe when accessing services.
- learn ways to navigate the mental health system.
- manage the 'labels' your friends, family and community may have given you.
- deal with feelings of grief, loss or shame.
- join a support group with other people who have a lived experience of mental health issues.

How do I start working with a peer worker?

Ask the Care Coordinator who supports you to connect you with a peer worker. You can work with a peer worker for up to eight sessions per referral.

For more information phone
1800 290 666 or email:
connections@baptcare.org.au



Call
1800 290 666
for more
information

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program.



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baptcare.org.au/mentalhealth