

Intentional Peer Support - What is it?

Intentional Peer Support (IPS) offers non-judgemental emotional support for people in mental distress. As Peer Support workers we all have our own lived experience. This means we can empathise and support from a shared viewpoint; we have had similar struggles and experiences.

“Finally, someone really got me and offered me coping strategies that really helped as they were from someone who has had a similar experience to mine”

How does it work?

IPS is a mutually supportive, positive process, that has a purpose. We don't start by asking 'what is wrong?' but rather 'what has happened?' From there, we can agree what you would like to work towards.

How long does Peer Support last?

Normally you will meet with your Peer Support Worker for an hour a week at a mutually agreed time and place. Peer Support usually lasts around 6 months, but can be extended in some cases. We will review the arrangement every three months to make sure the support is working as needed.

Flexible support

Our support isn't always just about talking though: Intentional Peer Support workers understand the importance of offering practical as well as emotional support:

“One of our strengths is our flexibility. If someone needs us to attend a meeting with them then we do, if they want us to go with them to the library and support them in scanning a document, then we do.”

You are not alone. Please remember others have had similar experiences; by sharing those experiences together we can help you find hope

“Someone finally listened to me without judgement and held on to hope when I had none”.

Get in touch

If you would like to find a Peer Support Worker, or to find out more about Intentional Peer Support, please contact Carol Jacques at Sutton Mental Health Foundation on

020 8770 0172

or email

admin@smhf.org.uk

Sutton Mental Health Foundation

We aim to have conversations that give you space to share your experiences and make you feel you have truly been listened to.

Working with your Peer Support worker you will agree shared goals, keeping focused on where you want to be, not on where you've come from.

Who can benefit?

We offer mutual support to anyone* who feels it may be helpful to talk about their own experience of mental distress and/or mental health services with someone who has been there too.

You may be waiting for help from traditional support services, seeking some extra emotional support on top of the services you are receiving, or looking for support following discharge from care.

**you must be over 18 and live or work in the London Borough of Sutton*



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SMHF is a company limited by guarantee and a registered charity:
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Could Intentional Peer Support Help You?



Sutton Mental Health Foundation offers non-judgemental emotional support to people over 18 living or working in the London Borough of Sutton. For those experiencing mental distress it can be a real lifeline.

