



## ONLINE PEER SUPPORT SESSIONS



**Do you think you could benefit from speaking to people with lived experience of mental health?**

If so, join our online peer support sessions!

In these online sessions, peer support workers from Sussex Partnership NHS Foundation Trust share their experiences, tools and coping strategies, providing a safe, **accepting space to learn from each other** and find mutual support.

The sessions are **open to all**, whether you are receiving support from SPFT services and live in the Sussex area, or not.

There is also **no limit on how many sessions** you can attend for. The support is there for as long as you need it.

We have been running these sessions since June 2020 in response to the covid-19 pandemic as some of our peer support workers who previously worked in the community, hospitals and other places, were not able to do so. We also recognised that this has been a very difficult time for everyone - those who have had long-term struggles with their mental health, and those who have faced more recent challenges.

Those who have attended the sessions have said:

"It was my first peer support session and I'd been so close to cancelling as I wasn't sure I was in the right frame of mind, but I'm so glad I didn't. It was **so powerful to be with people who 'get it'** and I was blown away that the support is available and by the whole 'Participation' concept."

The sessions are run on **Zoom** by **peer support workers** – people with lived experience of mental health.

Each session will have a presentation around a particular topic, open discussions and sharing, sometimes a creative activity, and will wind down with a relaxation or grounding exercise.

**You can participate as much or as little as you like or feel able.**

Online peer support has become so popular, we are now running two sessions a week –

**Wednesdays & Fridays 10:15 am-12:15 pm.**

If you want to **book a place** or find out more, please email:  
[\*\*peersupport@sussexpartnership.nhs.uk\*\*](mailto:peersupport@sussexpartnership.nhs.uk)



## ONLINE PEER SUPPORT SESSIONS



This is the schedule of topics we will be covering during the sessions...

	<b>10 :15 AM – 12:15 PM FOR ALL DATES</b>	<b>TOPICS</b>
<b>1</b>	Wednesday 6 <sup>th</sup> January 2021 Friday 8 <sup>th</sup> January 2021	<b>Introduction to Peer Support</b>
<b>2</b>	Wednesday 13 <sup>th</sup> January 2021 Friday 15 <sup>th</sup> January 2021	<b>Mental Health &amp; Covid-19</b>
<b>3</b>	Wednesday 20 <sup>th</sup> January 2021 Friday 22 <sup>nd</sup> January 2021	<b>The Wheel of Life</b>
<b>4</b>	Wednesday 27 <sup>th</sup> January 2021 Friday 29 <sup>th</sup> January 2021	<b>5 Ways To Wellbeing</b>
<b>5</b>	Wednesday 3 <sup>rd</sup> February 2021 Friday 5 <sup>th</sup> February 2021	<b>Story-Sharing / Interview a Peer</b>
<b>6</b>	Wednesday 10 <sup>th</sup> February 2021 Friday 12 <sup>th</sup> February 2021	<b>Open session</b>
<b>7</b>	Wednesday 17 <sup>th</sup> February 2021 Friday 19 <sup>th</sup> February 2021	<b>Resilience &amp; Coping with Change</b>
<b>8</b>	Wednesday 24 <sup>th</sup> February 2021 Friday 26 <sup>th</sup> February 2021	<b>Medication &amp; Mental Health</b>
<b>9</b>	Wednesday 3 <sup>rd</sup> March 2021 Friday 5 <sup>th</sup> March 2021	<b>Stress Bucket &amp; WRAPs</b>
<b>10</b>	Wednesday 10 <sup>th</sup> March 2021 Friday 12 <sup>th</sup> March 2021	<b>Strength-Based Language</b>
<b>11</b>	Wednesday 17 <sup>th</sup> March 2021 Friday 19 <sup>th</sup> March 2021	<b>Support Networks</b>
<b>12</b>	Wednesday 24 <sup>th</sup> March 2021 Friday 26 <sup>th</sup> March 2021	<b>Open Session</b>

Schedule continues on next page ➔

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## ONLINE PEER SUPPORT SESSIONS



Sussex Partnership  
NHS Foundation Trust

Schedule of topics continued...

10 :15 AM – 12:15 PM FOR ALL DATES		TOPICS
13	Wednesday 31 <sup>st</sup> March 2021	Anxiety Does to Me
14	Wednesday 7 <sup>th</sup> April 2021 Friday 9 <sup>th</sup> April 2021	Daily Activity Planning & Journaling
15	Wednesday 14 <sup>th</sup> April 2021 Friday 16 <sup>th</sup> April 2021	Managing Finances
16	Wednesday 21 <sup>st</sup> April 2021 Friday 23 <sup>rd</sup> April 2021	Assertiveness, Boundaries & Relationships
17	Wednesday 28 <sup>th</sup> April 2021 Friday 30 <sup>th</sup> April 2021	Managing Negative Thoughts
18	Wednesday 5 <sup>th</sup> May 2021 Friday 7 <sup>th</sup> May 2021	Open Session
19	Wednesday 12 <sup>th</sup> May 2021 Friday 14 <sup>th</sup> May 2021	Diagnosis & Mental Health
20	Wednesday 19 <sup>th</sup> May 2021 Friday 21 <sup>st</sup> May 2021	Stigma around Mental Health
21	Wednesday 26 <sup>th</sup> May 2021 Friday 28 <sup>th</sup> May 2021	Mental Health in the Workplace
22	Wednesday 2 <sup>nd</sup> June 2021 Friday 4 <sup>th</sup> June 2021	Positive Affirmations and Gratitude
23	Wednesday 9 <sup>th</sup> June 2021 Friday 11 <sup>th</sup> June 2021	Tree of Life – Personal Strengths & Values
24	Wednesday 16 <sup>th</sup> June 2021 Friday 18 <sup>th</sup> June 2021	Tree of Life – Personal Strengths & Values
25	Wednesday 23 <sup>rd</sup> June 2021 Friday 25 <sup>th</sup> June 2021	Open Session

We will then repeat this schedule of 25 sessions 🔄

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**HOPE TO SEE YOU SOON!**