

## About the service

South West London and St. George's Mental Health NHS Trust (SWLStG) is working in partnership with Together for Mental Wellbeing, Talk Off the Record and Jigsaw4u to deliver the Merton Peer Support Service for people living in the borough of Merton. The Merton Peer Support service will form a part of the Integrated Recovery Hub (IRH) to support with the delivery of increased timely access to a wider range of holistic mental health and wellbeing interventions. The service will work closely with individuals using the service, the multidisciplinary team (MDT) and partner organisations to facilitate access to and deliver appropriate peer support when such needs are identified.

Peer Support specifically provides an opportunity for people who have experience of mental distress to support each other towards greater wellbeing, as people of equal value, on a reciprocal basis, using their lived experience as a tool for support. The key aim of the service is to provide both 1-2-1 and group peer support to people experiencing mental distress who would benefit from peer support to reach the goals that are important to them. Drawing on their lived experience of mental distress, our Peer Supporters will work collaboratively with the individuals accessing the service, focusing on the persons strengths and skills to promote better wellbeing, which may also include educational and practical support.

## About Together

Together for Mental Wellbeing is a national charity that supports people experiencing mental distress to lead fulfilling and independent lives. Founded in 1879, today we work with approximately 4,500 people every month, at around 70 locations across England. Our services include support in the community, accommodation based support, advocacy, and criminal justice services. Our core ethos at Together is 'Service User Leadership'.

This means that we empower people experiencing mental distress to make choices that affect their lives, lead their journey to wellbeing on their own terms and to collectively influence and improve services, organisations and society.

This means we value people as experts in what works best for them, and each individual we work with influences and shapes the support they and others receive from us. It also means we provide opportunities for people experiencing mental distress to work with Together to draw on their experiences to help us improve the quality and experience of the services that we provide.

## About Off The Record



Off the Record is an award-winning children and young people's mental health charity working across the boroughs of Croydon, Merton and Sutton. Our vision is 'showing up for children and young people's mental health in south west London'. Information about all of our work is on our website Off the Record Youth Counselling ([talkofftherecord.org](http://talkofftherecord.org)). In addition to our open-access services, we are pleased to be partners with SWLSTG and other voluntary sector partners, in both Merton and Sutton, in the mental health transformation programme delivering peer support for young people aged 18-25.

## About Jigsaw4u



Jigsaw4u's Carers Peer Support Service supports Merton carers through emotional support and access to information, opportunities and practical advice. Working alongside other VCSE peer support providers in the Borough, Jigsaw4u work on improving pathways and coordinating services for carers experiencing mental health challenges, often as a direct result of caring. [www.jigsaw4u.org.uk](http://www.jigsaw4u.org.uk)



# MERTON PEER SUPPORT SERVICE



**Providing emotional support and promoting access to information and practical advice for people experiencing mental distress.**

## What does the service offer?

The service will provide 1-2-1 and group peer support. Peer support activity might include:

### One to One Peer Support

- We provide up to 12 sessions of weekly or bi-weekly 1-2-1 peer support either in the community, online or via phone. Those are regular planned sessions and will be offered by a Peer Support Worker.
- 1-2-1 sessions will provide an opportunity for individuals accessing the service to develop a holistic wellbeing plan that focuses on their wants and needs. Working collaboratively alongside the Peer Support Worker, who also has lived experience of mental distress, the sessions provide a space to inspire hope, whilst developing and building on strengths and skills that will empower individuals to work towards better wellbeing and develop tools they need to self-manage.

### Group Peer Support

- A variety of peer support groups, workshops and activities are available that provide a safe environment that allow individuals to be themselves, build trust with their peers whilst supporting each other towards greater wellbeing. All groups will promote a sense of solidarity, aim to tackle isolation, and build on individual strengths.
- Group peer support is delivered by Peer Support Volunteers with a pre-agreed topic that is deemed important to those we work alongside, at regular consistent day/time and will be held for up to 6 weeks.

- In addition, the service will offer Self-Management Peer support Groups. These groups are led by Peer Supporters who are both participants of the group as well as facilitators of the group. The group support each other through developing peer relationships and sharing experiences on managing wellbeing.

## Where is the service located?

People using the service are able to choose how they access support and whether that is in person, online via video chat, or on the phone. It should be noted though that this does not extend to meeting people in their homes. Together staff will meet people in the community in Merton in public places such as libraries or coffee shops and those meetings will be specifically to provide one to one support.

## Who can access the service?

- People who are over 26 years of age
- Talk Off the Record will be supporting service users aged between 18 - 25
- People who live in the Merton borough
- People who are open and ready to try peer support
- People who struggle with mild to moderate mental health challenges and distress

## How do I make a referral?

The team at SWLStG will identify referrals and the referral form can be sent to [merton-referrals@together-uk.org](mailto:merton-referrals@together-uk.org).

## Contact us

The service is open from Monday – Friday between 9am – 5pm. You can get in touch with us using the methods below:



Visit our website at:  
[www.together-uk.org/service-finder/merton-peer-support-service/](http://www.together-uk.org/service-finder/merton-peer-support-service/)



Email us at  
[merton-referrals@together-uk.org](mailto:merton-referrals@together-uk.org)



Scan the QR code below to go directly to our website



We are run by the charity Together for Mental Wellbeing. Our service is free and open to anyone who lives in Merton or is registered with a Merton GP



In partnership with:



South West London and St George's Mental Health NHS Trust

