

MEDICATION SUPPORT AND RECOVERY SERVICE

PEER SUPPORT



BUILDING SUPPORT NETWORKS

Our peer support workers can help you build better support networks and connect with your community. That could be with friends, family, other professionals or support groups.



ONE ON ONE SUPPORT

Peer support workers can offer individual support. We might do this by sharing their own lived experiences, having a chat about what's going on for you, or linking you to other services if you need them.



NAVIGATING SERVICES

Peer support workers can attend appointments with you and help you to ask questions. We can also help you find other services you might need—like mental health support, community groups, education or medical services.



GROUP SUPPORT

Our peer support workers run lots of different groups throughout the year. We provide a safe space for people to share lived experiences, and build friendships, at their own pace.



MOVING ON FROM OTHER SERVICES

Our peer support workers can provide support when you're moving on from counselling or other treatment, but still want to someone to check in with.



FLEXIBLE SUPPORT

Peer support workers can offer lots of different support options to suit your needs. This means you could meet in person, over the phone or by video chat — whatever suits you.