

Mind in Kingston Services

Mind in Kingston is a local charity that provides services to individuals with ongoing mental health issues in and around the borough of Kingston upon Thames.

People do not necessarily need to have a mental health diagnosis or be registered with a GP or mental health trust. Our services include:

- Drop-in Café (out of hours)
- Counselling
- Service User Involvement
- Floating Support
- Mind United Football Club
- Peer Support Project
- Wellbeing Wednesdays (recovery courses)
- Acute Recreation
- Mental Health Parliament
- Peer-led music, art and drama groups
- Community Allotment

If you are interested in any of our services, our website has further details or you can speak to one of our advisors (see back page for details).

Peer Support Project Coordinator:
Sue Ilsley

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Peer Support Project

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Peer Support Project

If you have mental health issues and find it challenging to move on, access services or get out and about, then Mind in Kingston's Peer Support Project is the service for you.

We offer one-to-one support to help you focus on a particular issue or area in your life that you would like to improve; this can be employment, joining the gym or take part in a drama group.

You will work closely with a peer volunteer to put together a plan with specific goals and who can accompany you to appointments and meetings so you don't have to do this alone.

By changing one thing for the better, you will gain confidence to tackle other issues.

Who provides peer support?

Our volunteer Peers are accredited, trained individuals who will engage with people with mental health issues on an equal basis by listening, by working together to move forward, i.e. shifting the focus from what is not working to a more satisfactory position.

Peer volunteers have personal experience of mental health and wish to use this in a positive way to support others.

How can I access the service?

You can be referred by your GP, Care Coordinator or you can contact us direct. You will need to live in the borough of Kingston upon Thames.

Our only requirement is that you are willing to work towards the goal(s) we set with you and that you commit to meet a peer volunteer at least once a week.

Want to find out more? Contact our Peer Support Coordinator Sue for further information (see back of the leaflet).

Benefits of Peer Support

- Improved confidence
- Improved self-esteem
- More positive outlook on life
- More socially active
- New friendships and connections
- More involvement in your local community
- Coping better with mental health issues
- Improved mental wellbeing