

Mind in Kingston Peer Support For Mental Health: Self- Referral Form

This project provides one-to-one support to people with ongoing mental health issues. The project is based on Intentional Peer Support and research that supports the idea that people struggling with mental health issues often benefit from talking to someone who has personal experience of mental health issues.

You will be working with a Peer Volunteer, who will support you to achieve specific goals. The focus is on exploring how our experiences make a difference to how we think, feel and relate to others, how to learn from our experiences, to work against habits and feelings of powerlessness and of being a victim, how to turn conflict into co-operation and how to learn from our bad times when we are reminded of these. It is always about moving forward to a better situation.

Name

Address

Telephone L/L

Mobile

Email

Date of Birth

Next of Kin

Gender

Ethnicity

Are you using any mental health services at present?

GP/ Community Mental Health Team/ Psychiatrist / Other
(please state)

Recovery College or Other e.g Charity Organisations/Support or Self-Help groups

Yes/ No (please delete as appropriate)

Please give a brief description of what has been happening (it is optional to give your diagnosis)

Go to next question

Are there any particular areas you would like to work on e.g. understanding your symptoms, confidence building, assertiveness, self-esteem, further education, information around benefits/housing etc.

Do you have any special requirements eg. Disabled access

Do you have a preference for Male or Female Peer Support worker?

Do you have a preference for day or time? Please bear in mind we can only offer support during working hours (Monday to Friday 9am to 5pm).

Please send your completed form as an attachment to by email to sue@mindinkingston.org.uk or post to Mind in Kingston, Siddeley House, 50 Canbury Park Road, Kingston upon Thames, KT2 6LX. You can also contact us by phone on 020 8255 3939.

Office use only:

Accepted on waiting list Referred to:

Inappropriate referral