

*Inspired
by
You*

Expanding Post Discharge Support Program



**ST VINCENT'S
HOSPITAL**
MELBOURNE
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WHAT IS DISCHARGE PEER SUPPORT?

It is a voluntary program where peer support workers can:

- Support you while you are a patient on the mental health unit
- Support you for 28 days after you leave hospital
- Meet with you three times in your local community
- Connect you with community groups in your area

WHO ARE PEER SUPPORT WORKERS?

Peer Support Workers are people who have been diagnosed with a mental illness and have used mental health services.

This is described as having a 'lived experience' of mental illness.

We have a unique insight into what it's like to be a mental health patient.

We have been employed by St Vincent's Mental Health to offer support during and after your hospital stay.

WHAT EXACTLY CAN A PEER SUPPORT WORKER DO TO SUPPORT YOU?

Peer support workers can:

- Get to know you during your hospital stay
- Listen to your experiences
- Share parts of their lived experience with you
- Share **Recovery** strategies
- Support you to make plans for the future
- Explore what connections you might like to make in the community
- Meet you in your local community
- Connect with you on the phone

WHAT IS RECOVERY?

Recovery is the pursuit of a meaningful, happy life while living with mental illness. Recovery focuses on our strengths, goals and rights as individuals.

Recovery is a journey towards hope, self-awareness and resilience.

AS PART OF THE PROGRAM YOU CAN EXPECT:

- To receive understanding based on shared experience
- To learn and grow together
- To move towards something positive in your life

WOULD YOU LIKE TO RECEIVE SUPPORT FROM A PEER WORKER?

If you'd like to receive peer support after you leave hospital, then:

- Let one of the peer workers know when you see us on the unit
- Let your contact nurse know that you are interested in receiving peer support

OR

- Attend one of the peer support groups on the unit

REFLECTIONS FROM PREVIOUS PARTICIPANTS IN THE PROGRAM

"You have been a really good support. Thank you so much for your encouragement and for treating me as an equal."

"It's great that I can talk to you about anything. So refreshing."

"I knew that I could survive this because I had the peer support workers. When I look back on this, I have good memories."

"You not only helped make a very average stay bearable but have given me some great food for thought."

"Always gr8 to see u, you're like a ray of sunshine and I'm eternally grateful for your help and friendship."