



# People Participation & Peer Support

FORENSICS

# People Participation



- ▶ People Participation is about helping our service users and their carers to have a say in how we run the Trust. But more than that, it is also about working together so that we can offer a better service for all.
- ▶ PPLs – roles lived experience
- ▶ Forensics; UIG, forums
- ▶ Outcomes – food, phones, access to tech, vapes, dignity and respect
- ▶ Future goals – peer support in every team, meaningful employment,



# Peer support



- ▶ There is no universally accepted definition of peer support but the term generally refers to mutually supported by people with similar life experiences as they move through different situations.”
- ▶ Peer support workers are people who have lived experience of mental health challenges themselves. They use these experiences and empathy to support other people and their families receiving mental health services.
- ▶ Peer Support Training – Employment
- ▶ John – your lived experience journey – outcomes of peer support
- ▶ Majid – lived experience journey – principles of peer support
- ▶ Q&A