

Peer Support.

Reflecting on a decade of peer support initiatives, in the UK Charity, the Mental Health Foundation.

Jolie Goodman

Programmes Manager for Empowerment & Later Life
Lead



Mental Health
Foundation



Mental Health Foundation

- Our **vision** is for a world with good mental health for all
- Our **mission** is to help people understand, protect, and sustain their mental health
- **Prevention** is our priority, across the lifecycle.

Life Orientated

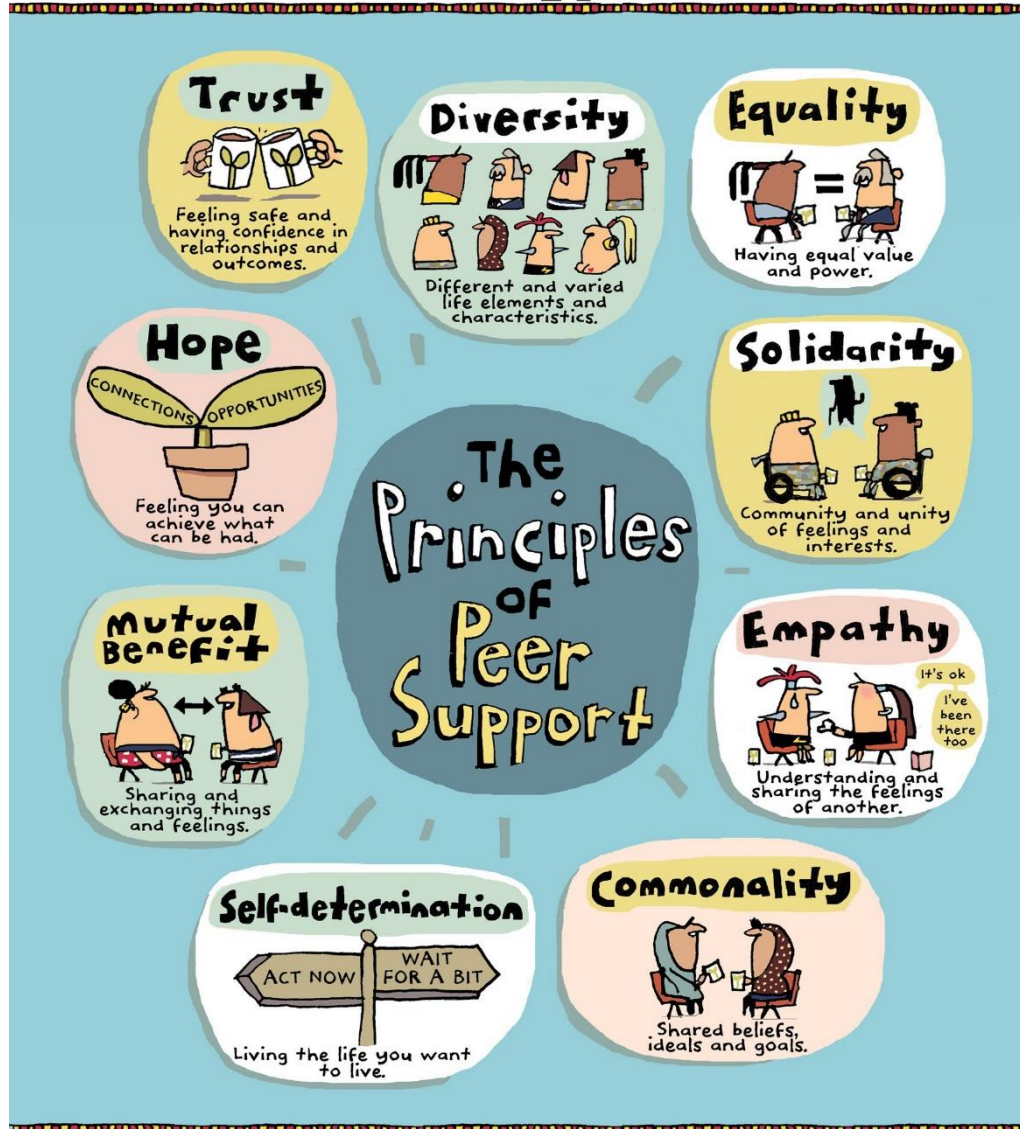


MY LIFE

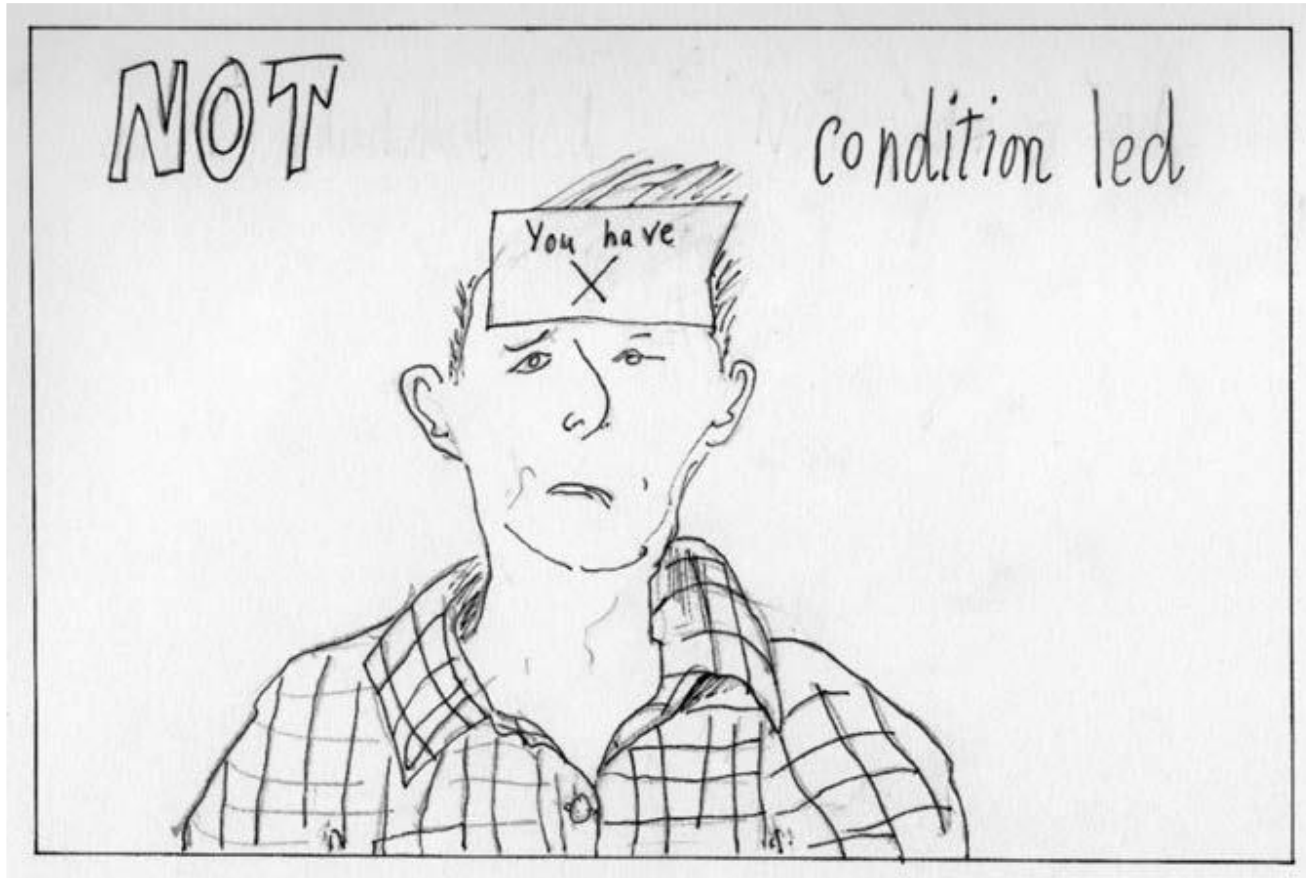
ERIC COBBMAN



The Peer Support Charter



Who we define as a peer



Each May, the Mental Health Foundation sets the theme for mental health awareness week...





Mental
Health
Foundation

How we think
& feel about
our bodies

BODY
IMAGE



Single Parents



Adults with mental health issues



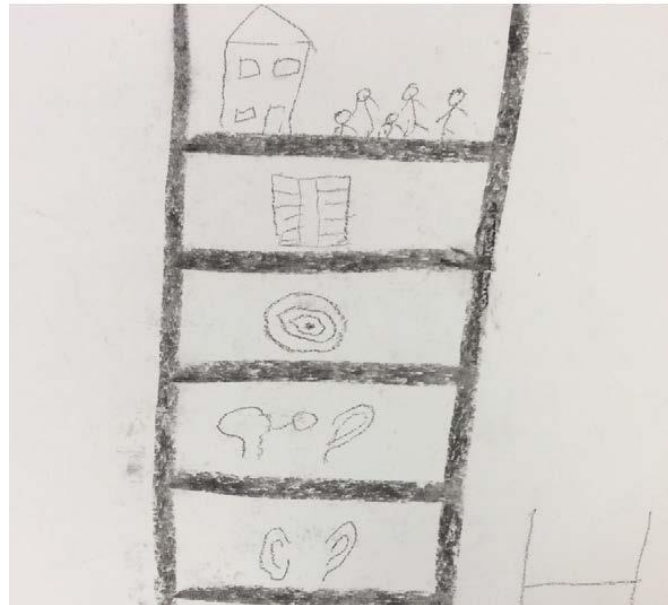
Later Life



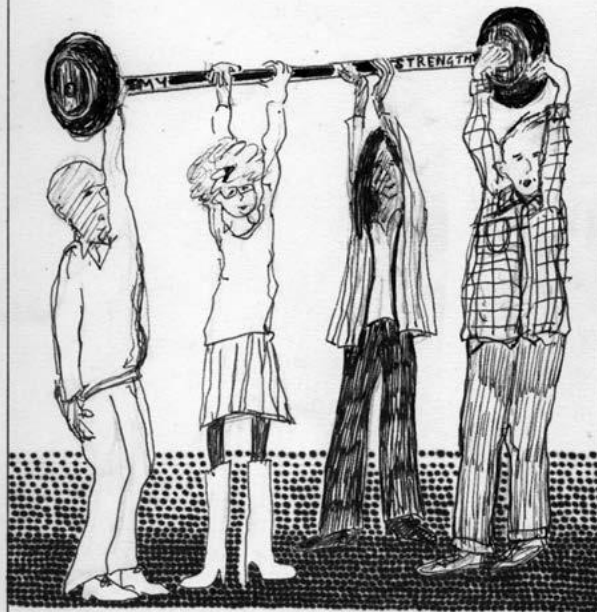
In Prison

Parc Prison Peer-led Self-Management Project

Snapshot - Impact Report 2013 - 2016



People work



TOGETHER