

# Benefits of Peer Support

- ▶ Improved confidence
- ▶ More positive outlook on life
- ▶ More socially active
- ▶ New friendships
- ▶ Coping better with mental health issues
- ▶ Improved sense of wellbeing



*"Our meetings were the reason I looked forward to Mondays. She helped me stay strong and I will always be grateful to her for that".*

- Tina, HAIL tenant who used the Peer Support Service.

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# Peer Support Service



[www.hail.ie](http://www.hail.ie)

## About HAIL

HAIL (Housing Association for Integrated Living) is a specialist housing association whose mission is to provide quality housing and individually tailored services to support tenants and clients, primarily those with mental health difficulties, to integrate and live independent lives in the community.

### Our services include:

- 1-1 Peer Support Service
- Peer-led social groups: pool, football, walking group, women's group, book club and music group
- Mental Health Visiting Support Service
- Mental Health Tenancy Sustainment Service



### What is Peer Support?

Peer Support is the help and support that people with lived experience of mental health difficulties are able to give to each other. It focusses on shared personal experience, empathy and on an individual's wellbeing and recovery. Peer support benefits both those giving and those receiving support.

HAIL's Peer Support Volunteers have gone through a process of recovery and wish to use this experience in a positive way and support other people with mental health issues as part of their recovery process.



### How can I access the service?

Our only requirement is that you are willing to work towards your goal(s) and that you commit to meeting a Peer Support Volunteer at least once a week.

### Interested in Volunteering?

Whether you are matched with someone on a one-to-one basis or facilitating social groups, our trained Peer Support Volunteers can make a real difference.



### Want to find out more?

Contact our office for further information or sign-up at [www.hail.ie](http://www.hail.ie)