

How peer support helps?

“I know that talking to you is real– it doesn't come from a textbook”

“If it wasn't for you I wouldn't have gone through it (the treatment)”

“It's great to have the professionals and the volunteers working as a team– having both together is really supportive”

“Thank you so much for today. I am so lucky I have got your support. I'm proud of myself and I haven't said that in a long while. Thank you”

“Thanks for being there for me. I don't know what I would have done without you. Bless you”

“I want to do what you've done now I feel so much better”

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How do I get a Peer Supporter?

Ask your recovery worker to arrange a meeting with a peer support worker– it's as easy as that!



Peer Support for your Treatment and Recovery Journey



Torbay Drug and Alcohol Service
Walnut Lodge
Walnut Road
Chelston
Torquay
TQ2 6HP
Tel: 01803 604330

Devon Partnership Trust
Shrublands House
8 Morgan Avenue
Torquay
TQ2 5RS
Tel: 01803 291129

Working with you, for you

Peer Support



What is peer support?

Peer support simply means getting support from people who are, or have been, in a similar position as you. Sharing experiences can give you greater insight into your problems, provide new ideas for tackling them and let you benefit from the experience of others.

Who can have it?

Anyone in treatment can have a peer supporter.



When can I have it?

Peer support is available from the very beginning of your recovery journey, right from initial assessment. Peer mentors are available to help with a range of issues from developing a recovery plan to travelling to appointments and offering one-to-one support.



Who are the peer supporters?



Some of our peer supporters have direct experience of treatment themselves. Peer supporters are volunteers who are available to work with someone from the time they first enter treatment, through to its completion. For example, a peer supporter can sit in on someone's initial assessment – if that person requests it. They will not get involved without the client's consent. It is up to the person in treatment to decide if, when, and how they use the peer support .