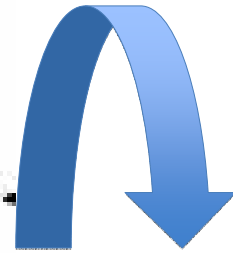


HOW AND WHY PEER SUPPORT GROUPS WORK

By Amanda Uhlich and David Robertson

I want help from people that 'get it'

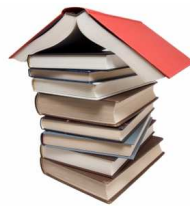


Hi my name is Wilber Recoverin. This is my story of why I decided to attend peer support groups, and how I used these groups as a part of my recovery, to sustain my wellness and make connections with others, that get it!

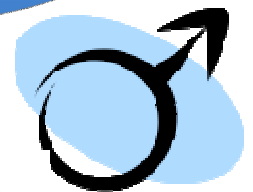
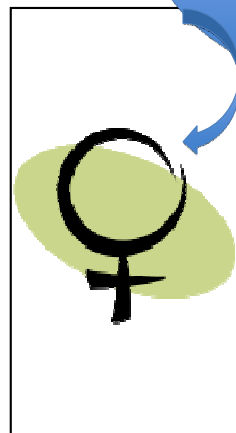
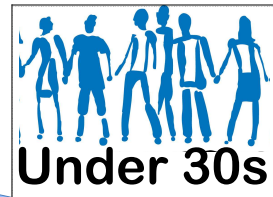


I went along to Connect: Supporting Recovery, and discovered they had a variety of Peer Support groups available for people, and that there would be more to come in the future.

I decided to attend the under 30's group and formed friendships. At first it was a little weird because we were meant to decide what we wanted to do as a group. I was new and used to more formal groups. I soon realized that my contribution was just as important as anyone else's. Then I started to make some suggestions. We all liked going to the beach in summer, and going for bush walks, and we now get together to do either of these, or something totally new that someone has suggested, every fortnight. This helped with my confidence, health and social skills. Some of us started to meet up in our own time.



Book Club



From other members in the groups, I've also picked up some great ideas and tools to help me manage situations that I used to find overwhelming and stressful. I've learnt a lot from people who have been through similar difficulties to myself.

It has been awesome to be part of such a new service. We are all learning as we go along. I'd like to thank all the others who continually put in effort to help us on our recovery journeys, the peer support workers and Connect: Supporting Recovery for providing the venue and continual encouragement.

