

Questions and Answers

1. Are you eligible for Peer support?

At headspace Fremantle, young people are defined as 12- to 25-year-olds who are seeking early intervention.

2. What is Peer Support?

Peer support is a reciprocal relationship between peers that is grounded in mutual understanding and respect. Peer support is about connection, empathy and sharing lived experiences. Peer support can help navigate life changes, support mental health and wellbeing, link to more formal help, reduce self-stigma and increase encouragement and hope for future goals. Connection occurs through the sharing of lived experiences of mental health challenges. Peer support reduces isolation and disconnection and facilitates hope.

3. How does the Peer worker support the young person?

Peer is defined as someone who can relate to a shared experience due to being a similar age. The Peer worker role is to listen and offer guidance tailored to the person being supported. It is important to let the young person do things in their own way and on their own timeline.

4. How do I refer a young person for Peer Support at headspace Fremantle?

- Complete our [online enquiry form](#)
- Call us: 9431 7453
- Email us: info@Headspacefrem.com.au
- GPs, psychologists, school staff and other agencies please use our [Agency Referral Form](#)

Basic referral details will be taken, and an intake screen phone call will be made with the young person and our clinical team.

5. What is the difference between Peer support and a mental health clinician?

In peer support, there is less of a power difference than in clinical support. There is a deep connection between peers, and there is structure and intention towards the support provided. Young people are not being assessed behaviorally; rather, it is a casual chat and someone to talk to about what might be going on for them.

6. What is lived experience?

Personal knowledge about the world gained through direct, first-hand involvement in everyday events rather than through representations constructed by other people. The

peer support worker is someone who works in a role that requires them to have lived experience of mental health challenges and recovery. They must be able to effectively apply their knowledge in practice within the context of their role and within the values and principles of peer work in a safe conversation.

7. Why is Peer Support helpful?

Peer Support took off in the 1970s and then became increasingly popular in mental health services. Young people are different from adults. The support they need and want is different. Many young people do not access services, but they do confide in their friends. And this was the window of opportunity for peer support.

8. Where can we meet?

- Drop in at headspace Fremantle
- Schools universities, Tafe and other educational institutions
- Primary mental health services and community setting
- Online support services – dedicated platforms and forums, web chat services or email

9. What can we talk about?

If a young person is feeling overwhelmed or having a tough time – we can talk about early presentation of mental health difficulties, physical or sexual health concerns, alcohol or drug use, or even school or work troubles. Headspace Fremantle is a safe, welcoming support where young people can get the help they need.

10. When is Peer support available?

Monday, Wednesday, Thursday and Friday from 8.30am to 4.00pm each week.

Please speak to staff for self-referral, in order to consult with a Peer support worker.

If you would like to arrange an informal meet-and-greet at your school or community space, before the initial catch-up with the young person as well as saying it would be young person, myself and member of the clinician team for catch ups.