

Peer Support at



headspace
Knox

Peer Support offers...

A **non-clinical space** where young people are empowered to explore and express their their mental health journey alongside peers with first-hand knowledge.

Each session is...

Tailored to you and your unique recovery goals, but can include:

- talking to someone who “gets it”
- developing practical coping strategies
- getting extra support between appointments

Peer Support Workers...

Are young people who use their lived experience to inspire hope and support the recovery of other young people.

They offer **connection, support and guidance.**

headspace Knox offers...

- One-off **or** ongoing support (3-6 months)
- Sessions **via** Telehealth **or** In-person



This service is offered at headspace Knox

Interested? Speak to your clinician for a peer support referral or call the centre on (03) 9801 6088