



PeerPathways

Supporting you to navigate systems and access supports to improve mental and physical health and wellbeing

Peer Pathways can support you on your road to recovery.

Finding support by yourself can be hard.

That's why Peer Pathways' Peer Navigators are here to help! Our Peer Navigators help to locate the services that offer the types of support you are looking for. Whether that be a social group or club, mental health service, a specialist practitioner, or an alternative to the clinical system, we offer you the options so that you can decide what's best.

Contact PeerPathways

**9am-5pm Monday - Friday
Excluding public holidays**



(08) 9477 2809



info@peerpathways.org.au



www.peerpathways.org.au

Peer Pathways is not a crisis line.

If you are experiencing distress please call Lifeline on 13 11 14.



Supported by

**WA Primary
Health Alliance**

phn

PERTH NORTH, PERTH SOUTH,
COUNTRY WA

An Australian Government Initiative

CoMHWA



Peer Pathways is coordinated by Consumers of Mental Health WA. Visit www.comhwa.org.au for more information about CoMHWA



Peer Pathways

**A free and confidential system
navigation helpline for all
West Australians.**

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What is a Peer Navigator?

The 'Peer' in Peer Navigator means they have their own experiences of mental health wellbeing, and recovery, which they use to help you through similar challenges.

Our Peer Navigators will work with you to discuss your mental, physical and general wellbeing, and anything else you want to share. They will research and investigate options that are tailored to the needs you identify. Peer Navigators provide reliable information and pathways for you to achieve your goals no matter what they are, and no matter what else is going on in your life.

Peer Navigators help locate and access supports and services tailored to your needs.



How does Peer Pathways work?



LISTEN

Our Peer Navigators are trained to listen. They will support you to identify your needs and overcome barriers. From simple requests to more complex conversations, Peer Pathways is here to listen and understand.



LOCATE

Our Peer Navigators will locate the supports that best suit your needs. They will do the 'ground work' for you, by contacting services about waitlists, eligibility criteria, accessibility, location, pricing, billing, and anything else you need to know.



LINK

After understanding what is important to you and locating services, our Peer Navigators will link you to the appropriate supports through 'warm referrals' or informed, well-researched recommendations.

What can you help me find?

Based on your discussion with us, we will provide you with support options. This process is tailored to you, your life, and your definition of 'wellbeing'.

Formal / Clinical Supports

Do you need a low-cost GP or psychologist in your suburb who doesn't have a long waitlist?

Community Supports

Are you seeking tenancy support, or perhaps a food bank in your local area?

Social Supports

Perhaps you would like to access a walking group or yoga class? Peer support, or a family support program?

Self-help Supports

Are you interested in online resources, training, or workbooks to guide you?

Advocacy Supports

Do you require information about your legal rights within the mental health system, or assistance to uphold your rights?

Peer Pathways can help you to find what you need.