

Empowering Service users

Peer support volunteers strengthening mental health care systems.



In a country where mental health care is delivered primarily through medical professionals, peer support is a novel concept.

QualityRights Gujarat empowered service users across the state to take on the role of a peer support volunteer, and support services users in their journey to recovery.

Rameshbhai (name changed) has had a severe mental illness for a couple of years. He lives with his parents and has very limited engagement with others, and a few his daily activities. Our Peer Support Volunteers spoke with him about his preferences. "I love painting and drawing" he said.

During the next visit the Peer Support Volunteers' spent time with him painting and exploring his other interests. Speaking about his experience in doing the activity, the Peer Support Volunteer said, "Everyone likes to do something or the other. We just have to listen and try to find out what it is."

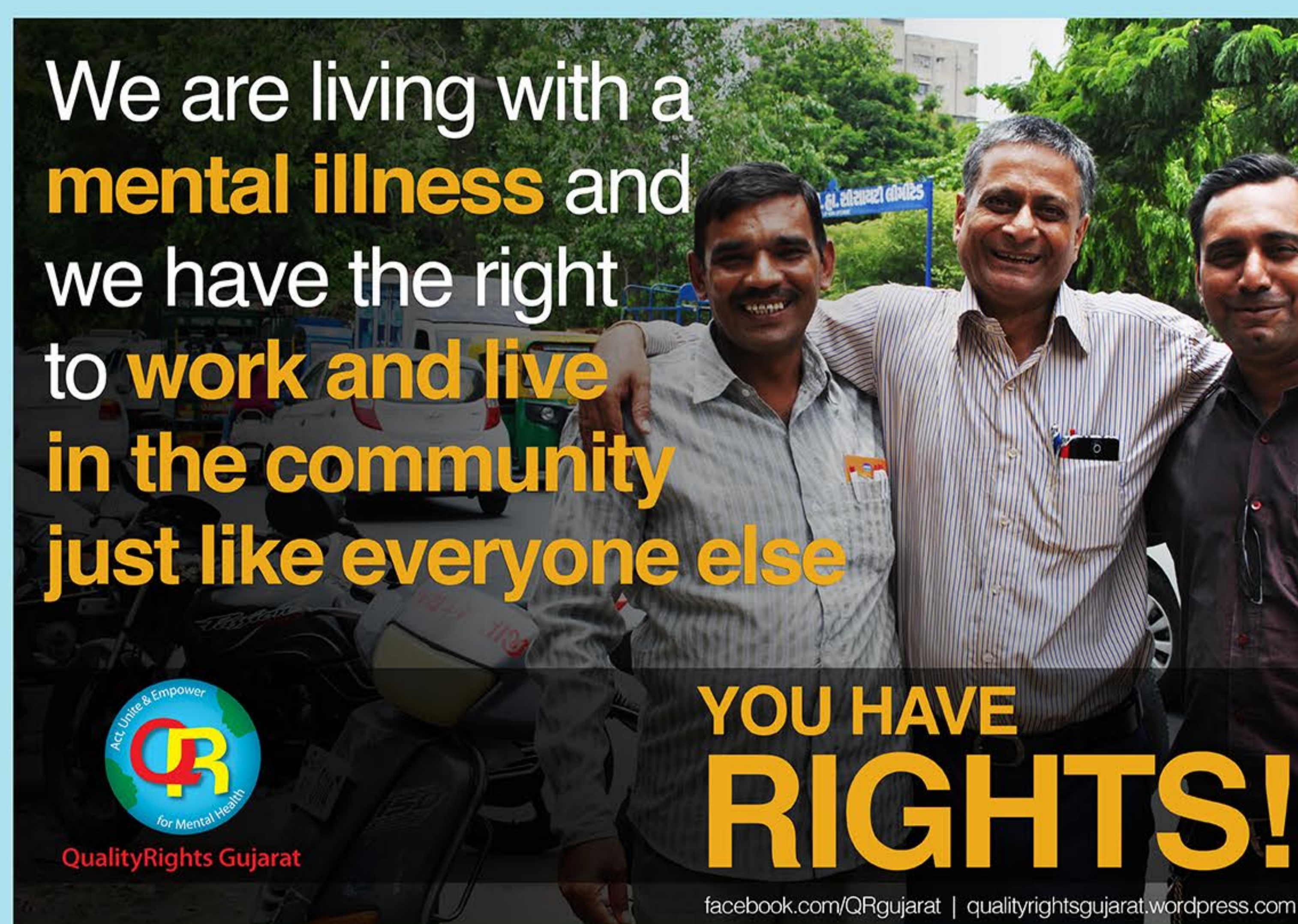
THE PEER SUPPORT VOLUNTEERS AT HOSPITAL FOR MENTAL HEALTH AHMEDABAD PERFORMED A SMALL PLAY TO EXPLAIN THE BENEFITS OF PEER SUPPORT GROUPS. THEY PERFORMED THEIR PLAY IN THE WAITING AREA OF THE HOSPITAL, INVITING ALL THE SERVICE USERS TO BE PART OF THE GROUP AND BENEFIT FROM IT. THEIR MESSAGE : "NOBODY CAN HELP ONE BETTER THAN SOMEBODY WHO HIMSELF/HERSELF WAS IN A SIMILAR SITUATION."



QualityRights Gujarat

Janki sees changes in her own beliefs after become a peer support volunteer.

"The idea that I can help fellow service users to help themselves, and the feeling that I can contribute to the hospital and society is extremely empowering."



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