

PEER 2 PEER

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Could technology have the answer for our patients?



Problems



Lack of resources

Cuts to services have dramatically reduced the support for our patients



Feeling isolated

COVID, busy departments, a change in culture in general making people feel alone



Locked out

There's support out there but many of my patients don't know how to access it



Peer to peer

Is this the answer?



A new resource

Or at least underutilised. Many volunteers would be keen to help in assisting others recovery.



Get people connected

Make an easy platform for patients to put their thoughts or experiences. Connect patients together.



Personalised support

Personalised support and direction from someone who's been in the same position



Peer 2 Peer support

Could we share experiences and not
just music?

Who could we help?

1 in 6 people

Currently experiencing a mental health problem

9 in 10 people

Own a smartphone

9.3 million people

Who are experiencing difficulty with a 90% chance we could reach them



Digital peer support works



"It's been a difficult couple of years for me and accessing the support on Mind's community has been invaluable. It helped me to acknowledge that there were issues I need to address, helped when I was at work in getting me through the day and during my recovery."



Quote taken from Side by Side message board run by Mind

**Even
Pubmed
says so**

Digital peer support interventions appear to be feasible and acceptable, with strong potential for clinical effectiveness. However, the field is in the early stages of development and requires well-powered efficacy and clinical effectiveness trials.



**The best thing is that
there are no risks**





Risks

It is mental health there
is always risk

Anonymous accounts + vulnerable people

A recipe for disaster?

Bad advice

Would we have to control? Then are we
taking away the voice we're trying to
add

Not another app

Would anyone download this?



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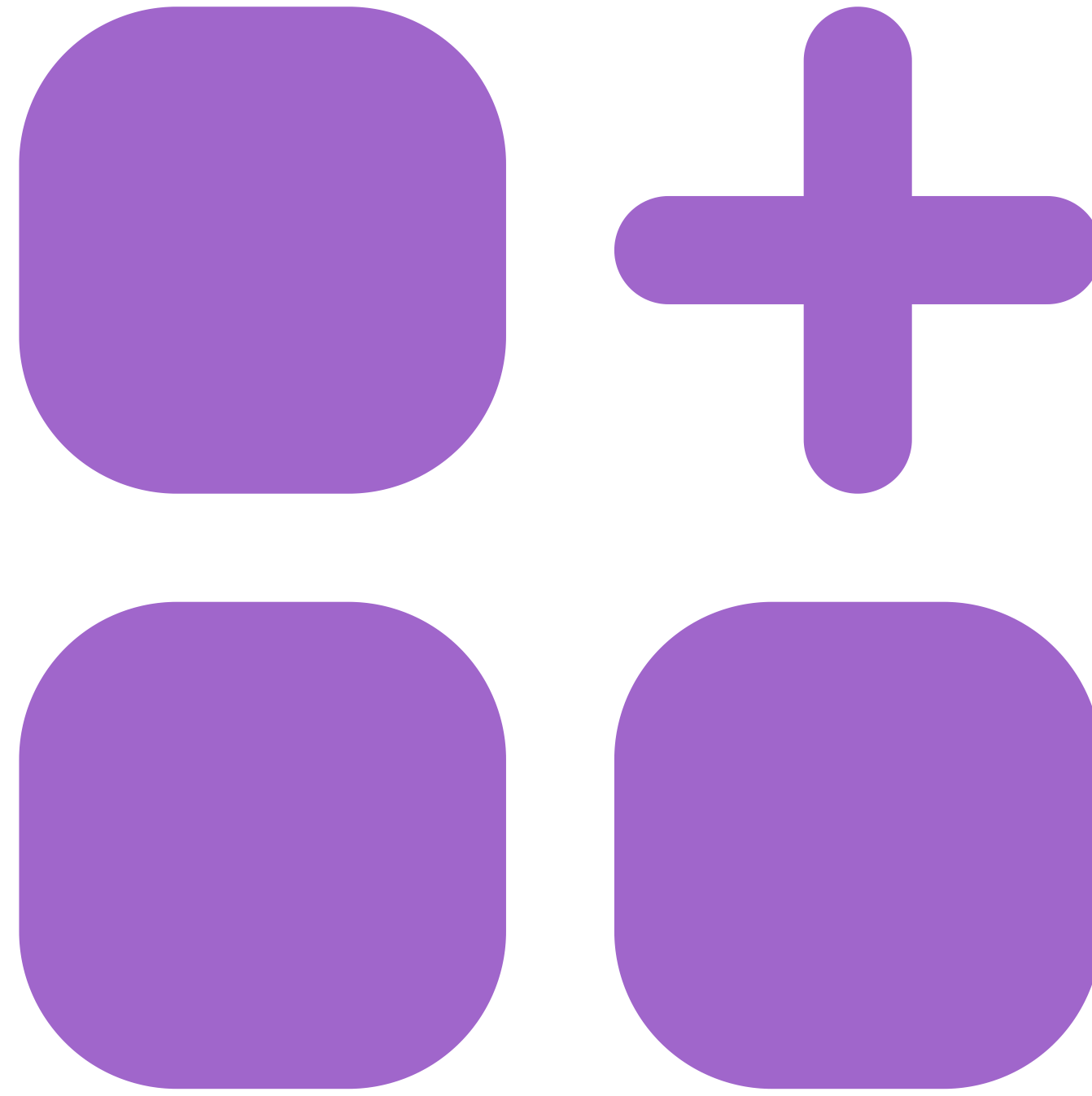
“EVEN THE
SMALLEST
PERSON CAN CHANGE THE COURSE
OF THE FUTURE”

- GALADRIEL
THE FELLOWSHIP OF THE RING

**"I would not be here if it
wasn't for peer support"**

"What's peer support?"

Four key features



About me



About

me

Patient can put as much or as little information as they want

Using this we can direct appropriate resources to them

They can use this place as self reflection

Let's chat



Connects you anonymously to a volunteer with lived experience

Immediate live advice and direction

About others

About

others

Information about mental health diagnoses written by patients with lived experience

Stories and reflections on what they have found helpful

Around me



Around

me

Information on resources and peer support networks around patient

Using location services if enabled or a postcode if not

THANK YOU
~~~~~  
VERY MUCH!