



# Central Bedfordshire Peer Mentoring

Peer Mentoring is a goal orientated one-to-one service.

Peer Mentors are volunteers with a lived experience of their own mental health challenges and recovery, selected by Mind BLMK for their interpersonal and communication skills and trained to support you to create an action plan to work towards your goal/s.

A mentoring relationship is founded upon trust, mutual respect and confidentiality.

**For more information, please contact:**

e: [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)

t: 0300 330 0648

## How to access support

Referrals can be made by completing the referral form on our website.



**I am grateful for all the help, advice and techniques that have been given to me** 

 **mind BLMK**  
[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)

Charity No. 1068724