

To find out more information or to make an appointment with a Peer Support worker.

Please call us on: **03 9450 2643**

If your call is not answered please leave a voicemail message and a Peer Support worker will get back to you as soon as possible.



Banyule Community Health

West Heidelberg

21 Alamein Road,
West Heidelberg, VIC 3081



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West Heidelberg

21 Alamein Road,
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AOD Peer Support Workers

(03) 9450 2643

Reception

(03) 9450 2000

Alcohol and Other Drugs

Peer Support



What is Peer Support?

Peer Support is a non-judgemental mutual space with individuals who have lived experience of harmful alcohol and drug use and recovery.

Peer Support workers have lived experience. They also have skills learned in formal training to offer mutual support to others who have, or have had difficulties with substance use. Peer support is non-clinical and aims to build authentic connections.

Banyule Community Health have AOD Peer Support workers who are based at BCH West Heidelberg, they are able to meet at the BCH Greensborough site. Outreach work is also an option, this is if you would like a peer worker to meet with you outside the Banyule Community Health centres.



What can Peer Support workers assist you with?

- Information and help linking in with other services and support groups offered at Banyule Community Health, such as: AOD Peer Support Group, NERaSP Program, Medication Support (MSRS), Men's Shed and Counsellors to name a few for a more holistic care approach.
- Information and assistance linking in with external support services, groups and programs. Detox Centres such as: Curran Place; Rehabilitation Services such as: Odyssey House; Other Supports such as: NA, AA, Catalyst Program and more.
- Can provide information on harm minimisation and/or harm reduction.
- Education on substances and their effects.
- Can assist with letters of support for ongoing and regular attendance of individual Peer Support and/or Peer Support Group.
- Can assist in filling out forms such as: Fines, Public Housing, Centrelink etc...
- Can attend some appointments with you for support such as attending court proceedings and appointments with DHHS etc...
- Link in to services such as Emergency Relief, Legal Help, Housing, Family Violence, Finances and more.

What opportunities can Peer Support offer?

- The space to share experiences around substance use and/or recovery that you have lived through with no judgement placed on you.
- The opportunity to speak freely and openly about how you are feeling and what is currently happening in your life.
- The option to connect with community and people who have had similar life experiences.
- Help to explore healthy options and activities to improve quality of life.

