

Enabling positive health & wellbeing through education and empowerment.

Impact Mental Health Peer Support is a peer-led Community Interest Company experienced in delivering uniquely designed Mental Health Peer Support and Training.

We help individuals who are experiencing a range of mental health challenges, which can affect their mental, physical, social, professional, spiritual and emotional wellbeing.

- ◆ **Week 1**
Peer Support
- ◆ **Week 2**
Inspiration & Empowerment
- ◆ **Week 3**
Positive Change
- ◆ **Week 4**
Recovery Choices
- ◆ **Week 5**
Total Wellbeing
- ◆ **Week 6**
Tools For The Journey

Funded by:



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Company Reg No: 8792103



The YOU Programme - Your Options Unlimited

Impact MH Peer Support

The You Programme

Community based mental health peer support programmes in Central Bedfordshire.



Is the YOU Programme for you?

Feeling low or depressed?

Experiencing anxiety or panic attacks?

Do you feel isolated and unable to talk about how you feel?

Do you need to make a change in your life?

Do you want to build your network of support?

Whatever your situation, our teams can support you to help you find new ways of coping and managing your symptoms and improve the quality of your life.



Our Peer Support Services are delivered solely by Peers. All of our trained Course Leaders and Facilitators have themselves had direct experience of mental health issues.

Intentional Peer Support is a way of thinking about and inviting transformational relationships. Practitioners learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things.

Hope
changes everything

If you would like to attend a YOU Programme, please contact the team for details of dates, locations and venues and to discuss attending an enrolment session local to you.

If you would like to refer someone on to our programme, you can find our online booking form on our website. Alternatively, please contact the team if you would like us to send you a referral form.

Contact us ...

📞 01582 797596

✉ enquiries@impactmh.org.uk

🌐 www.impactmh.org.uk/you

What people say



"Thank you for sharing and showing me I am not alone!"
Leighton Buzzard Peer



"I've received more support in the last two days than I have in the last 24 years!"
Houghton Regis Peer



"I owe a big thank you to all, I was not in a good place but have learnt such a lot. I recommend that this course should be used as recovery."
Dunstable Peer



"Impact really have made a positive impact on my self-view and my hopes and expectations for a positive future, based on change and planned development. Programme needs to be longer."
Dunstable Peer



"I felt very strong after the first session, couldn't explain why but so glad I came back to enable me to accept the opportunity to help myself."
Dunstable Peer



"It was really interesting to learn that there are others in the same boat and that I am not alone. Great course!"
Stotfold Peer



"It's been great to meet like-minded people. The paperwork is few and sufficiently direct so it's great not to have to try and read too much information. The course staff mingle in with participants, so there's no superiority, unlike the professional, patient situation!"
Dunstable Peer