



HOPE

Person-centred non-clinical Peer Support

We are here to help if you are experiencing long-term complex trauma, and finding it difficult to engage with other services or feel that other services are currently not meeting your needs.



You can access the service if you have prolonged or repeated exposure to traumatic events, with long-term impacts.

Examples including, but not restricted to:

- Severe Mental Illness (SMI), e.g. Bi-Polar, Borderline Personality Disorder, Severe Depression, Schizophrenia, OCD
- Adverse Childhood Experiences (ACEs)
- Childhood abuse / trauma
- Domestic abuse e.g. emotional, sexual, prolonged physical violence
- PTSD
- Medical Trauma

What you can expect from the service

Peer support for you on a one-to-one basis over a 12-week period, followed by the option of group work. Provided by peer support workers with lived experience of mental health challenges.

What you can expect from the support

Peer support can be delivered face-to-face, video, phone calls or a mixture – depending on your needs. With the aim of building your support networks and skills to help manage your mental health and achieve goals.

We will explain the scope of support you can expect and discuss the importance of setting boundaries.

You will receive a discharge plan at the end of our support, identifying onward support in the community, where appropriate.



Over the course of 12-weeks, we will:

- Discuss your experiences if you feel comfortable. Alternatively,
- we can explore your trauma responses without asking you to revisit the traumatic experience.
- Identify your goals, action planning to work towards achieving those goals, and overcoming any barriers
- Support you to recognise and understand trauma responses
- and how to manage these and develop coping mechanisms
- Review your progress regularly and identify further goals if needed
- Support and empower you to arrange long term support that you may need following the sessions
- Gather your feedback with a follow-up questionnaire at the end of the sessions so you can influence the future of the service

To access or find out about any of our services, contact us or visit our website:

How to contact us

01274 586 474

referrals@thecellartrust.org

thecellartrust.org

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