



## EDV's Peer Mentoring Program

### What is the EDV Peer Mentoring Program?

The program supports adults with an eating disorder who have recently engaged with eating disorder treatment services to consolidate and sustain steps towards recovery. The program provides one-on-one mentoring with an EDV Peer Mentor who has recovered from an eating disorder.

### What is a Peer Mentor?

Peer Mentoring can be defined as the help and support that people with lived experience of a mental illness are able to give to one another. It focuses on an individual's strengths and works towards the individual's wellbeing and recovery (Mental Health Foundation, 2016).

### How can the program help?

The program aims to provide complimentary support alongside clinical treatment to help individuals sustain better recovery outcomes.

The Peer Mentor supports the participant by working together to develop a recovery focused Mentoring Journal and undertake regular activities designed to work towards achieving their self-identified goals.

### How does the program work?

Participants will be matched with an EDV Peer Mentor who has recovered from an eating disorder and have regular contact over a six month period. Peer Mentors and participants are expected to have 13 sessions over approx 6 month period and meet on a fortnightly basis. Group support/de-brief sessions will be provided to participants throughout the duration of the program.

### Where does the program operate?

Peer Mentoring sessions can take place face to face or through an online platform such as zoom or facetime.

Meeting up in person with your mentor can be out in the community or at the EDV office. Mentors and participants are not able to meet in each others houses, or travel together in a car.

### Other requirements

Participation in the program is voluntary, with participants choosing to be involved and actively engaged throughout. Professional (GP and Mental Health Practitioner- eg. psychologist, counsellor, clinical mental health social worker) and personal supports must be in place. The participant must

consent for information to be shared between EDV and these contacts.

Throughout the program participants will be given questionnaires to complete and asked to provide feedback on the program.

### Eligibility

If you are an adult (18 years plus) with an eating disorder and interested in working with a peer mentor to consolidate and sustain steps towards recovery, get in touch today. *Please note, if you are not currently connected to an inpatient or intensive day program, we can discuss your previous treatment history.*

### How to get involved

Please phone Peer Mentoring Program Manager Rachael Duck at EDV on (03) 9444 0354 ext.214 or e-mail [rachael.duck@eatingdisorders.org.au](mailto:rachael.duck@eatingdisorders.org.au).

A brief screening will be conducted to ensure that the Peer Mentoring Program is appropriate for you.

This is a free program for participants made available through the support of the Victorian Government.

