Criteria for Peer Support

Charity Background

Get Me Out The Four Walls was created to ensure no mother or father, or carer feels alone and isolated at home after the birth of their children. By creating informal social meets, we aim to give as many people the opportunity to escape their house and meet others which we believe helps prevent the on-set of perinatal mental illnesses such as postnatal depression and helps aid stabilisation of mental health. We also strive to support parents with a mental illness by offering peer support and social meets delivered by friendly non-judgemental Ambassadors.

Peer Support Aims

The aim of our Peer Support service is to provide a listening ear and to increase confidence to attend our organised informal social meets or engage with provisions held within their local community to reduce social isolation.

Our Peer Support worker will refer parents onto further support if required, or back to their GP if their mental health declines.

Criteria for support

Our Peer Support worker is able to support families with low support needs.

* Require low level monitoring and support or intervention.
* Involved with more than one agency or discipline, although our Peer Support worker is not able to take overall responsibility for the treatment of the parent.
* Are likely to self-manage their mental health problems with minimal support and/or prompting.
* On assessment, are deemed to pose a reduced or little risk to themselves or others.
* Are likely to maintain contact with their GP, mental health, or other services with minimal support and/or prompting.
* May only have poor or partially established informal peer support network.
* Will have previously suffered more serious mental health problems but have developed the skills and insight to enable them to manage their mental health and other needs in a more positive way.
* They will be able to recognise the signs of relapse and crisis and manage these situations with minimal support.

Dedicated support hours

Our Peer Support Worker will dedicate between 1-2 hours per week to each client, to be delivered in the community or at The GMOTFW Hub. Our Peer Support worker is not able to visit parents in their own homes.

Referral procedure

Referrals can be made via professional services or parents can self-refer into our service by completing our online referral form via our website.

Our Peer Support worker aims to make initial contact within 5 working days. Due to our Peer Support worker working part time, there may be a waiting list to access support. We can tell you an approx. waiting time upon receipt of a referral.

Our Peer Support worker will organise an initial assessment meeting to talk through the referral and establish set goals that the parent wishes to achieve. The Peer Support worker will then establish how long they expect to be involved.

At each meeting, our Peer Support worker will log notes.

At discharge, our Peer Support worker will write to the clients GP to let them know that they are discharged from our service.