

## Peer2peer: A route to recovery of people with mental illness through peer support training and employment.

### PEER2PEER VOCATIONAL TRAINING. TRANSFORMING MENTAL HEALTH RECOVERY APPROACHES.

Peer2Peer is a vocational training course and a project funded by the European Commission led by Fundación INTRAS ([www.intras.es](http://www.intras.es)). It trains individuals with experiences of mental health problems to become personal assistants to those currently living with mental health difficulties.

P2P believe that who knows better about recovery in mental health is a person who has been there. The challenge was to enable these individuals to use their experience and knowledge intentionally to support other people's recovery.

Eight organizations from Europe have been working together on Peer2Peer vocational training course. Didactic materials were designed, adapted and testing in 5 different countries. The result is a new and innovative teaching pack which will allow students to better understand their own recovery and develop the insight required to be a professional peer support worker. This **innovative teaching pack** provides practical information to create a learning environment where students can develop and practice their skills; you can download it on our p2p website and then just put it into practice.

More than 130 people with mental health issues attended the two pilots courses organized during the last two years; 22 of them have become peer support workers. During these Peer2Peer vocational trainings, a **video** was recorded and it is available on our p2p website; it shows participants' interesting opinions, thoughts and reflections upon the course and the peer support approach.

People with mental illness have much to contribute to society and Peer2Peer recognises the knowledge they gained and the importance of improving their access to employment and training.

To download the teaching pack, watch some videos and to know more about Peer2Peer project and its partners check out our website: <http://p2p.intras.es/>