



## **eteran ommunity etwork**

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[Are you a veteran? Do you have a few minutes to complete a short survey about the need for setting up a veteran peer mentor service in Northamptonshire?](#)

If the answer is yes, please read on!

[What is peer mentor support?](#)

Peer mentors are people who have experience of a significant life event, developed skills to help them cope, adjust and be in recovery and are willing to share this knowledge with others who are less experienced. This is known as having 'lived experience'. Veterans, through their shared military experience are recognised as being a valuable resource in supporting other veterans to seek support in areas such as mental health and substance misuse. Through offering informal support, they act as 'beacons' of recovery which can inspire and motivate others to seek help and begin their own recovery journey. Simple things like taking a veteran to their first treatment appointment can make a real difference to their willingness to engage with services and remain in treatment.

An important part of the planning process is to consult with veterans to assess the need for this type of service and to get feedback on the proposal. A paper version of the survey is available from staff in your service or you can access the survey on survey monkey via the following link:

<https://www.surveymonkey.co.uk/r/6YDJCMR>

If you would like to find out more about the proposal, please email Gill Le Page at [veteran8011@gmail.com](mailto:veteran8011@gmail.com)

Thank you for your time

