

Press release

Peer support in mental health: St-Martin NPC and the High School of the Province of Namur are launching the European project Erasmus+ TuTo3 - Peer And Team support (PAT).

RECOVERING THANKS TO YOUR EXPERIENCE

Peer support is founded on the principle of mutual aid, sharing experiences and strategies between individuals dealing with the same illness.

A person who has succeeded in overcoming or better managing their illness can therefore support another person who is not at the same stage yet as them.

Peer support can help to find meaning when life events have left traces, sometimes permanent, that are difficult to remove.

Although this concept has existed for some time, **putting it into practice** and **making use of it** is still an innovative practice in Belgium and Francophone countries.

THE EUROPEAN TuTo3 - PAT PROJECT: PROFESSIONALISING AND MAKING USE OF PEER SUPPORT IN MENTAL HEALTH

This project aims to facilitate, both in and beyond Europe, the **usage of peer support in mental health by reinforcing the professionalisation** of different participants: peers, trainers, institutions and care teams, active peer support associations in this field.

The project is backed by a **consortium of 5 peer support associations** originating from 5 countries. Its members work together to gather knowledge and develop innovative tools which are then validated based on the experience of the peers.

This international collaboration will lead to the **creation and implementation of multiple tools:**

- a toolkit for peer support skills and training,
- training material intended for care teams who wish to integrate peer support,
- support actives for active peer support groups.

All these findings will be accessible to peer support associations in Europe, along with all participants, via an MOOC (Massive Open Online Course).

AN IMPACT ON THE MENTAL HEALTH SECTOR

If the TuTo3 - PAT project intends to **have a positive impact on participants and beneficiaries** in mental health, it also aims, within this field, to **contribute to the professionalisation** of support work by peers in Europe.

Indeed, this approach is included in a willingness to **improve the employability** of peer support groups, but also in a desire to **recognise** their skills and knowledge gained from experience, to the benefit of the mental healthcare system.

By means of this international project, St-Martin NPC and the High School of the Province of Namur are consolidating their collaboration and their inclusion in an initiative to improve and modernise mental healthcare.



IN SUMMARY

- The PAT project is an Erasmus+ ka220 project funded by the European Union.
- It will last 36 months, until January 2025.
- The consortium, coordinated by the Saint-Martin Neuropsychiatry Centre (Belgium), is composed of 10 relevant organisations from Belgium, Canada (Quebec), France, Norway, Germany, Spain and Romania.
- The launch event for the project will take place on 24 June 2022, at the Namur Palais de la Bourse, from 4 PM to 6 PM, in the presence of international experts.

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