A picture containing drawing

Description automatically generated Peer Support - Self Referral Form

**SMT © Bipolar Scotland 2019**

**About the peer support initiative**

At Bipolar Scotland we believe that those living with Bipolar Disorder are experts through experience so we are excited to be able to offer a new Peer Support initiative. Through the initiative we hope to be able to support people at all stages of recovery and facilitate them achieving their individual goals. While our initiative is arranged around nine values, we hope to focus our initial work with peers around hope, empowerment, empathy and aspire. We look forward to walking with you through your experiences and learning together.

Do you have an official diagnosis of Bipolar Disorder? YES / NO

**Why I would like to engage with a peer support worker**

Challenges I am facing right now

What I hope to gain from peer support

**Practicalities**

Preferred method of communication PHONE CALL/VIDEO CALL/EMAIL

The best number/email to contact me on is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_