



For better  
mental health

**Mind in Bexley**

## **Mind2Mind Peer Mentoring Project Criteria for mentors and mentees**

Criteria: Mentor (to be used in conjunction with role description)

- Over 18 years of age (no upper limit)
- Resident of the London Borough of Bexley
- Personal experience of mental health issues
- Is currently well and living positively after experience of mental ill health
- Willing to commit to the project for a minimum of 6 months, ideally 9 months
- Willing to undertake designated training (four sessions) and regular group and individual supervision
- Able to pass relevant safety checks (eg CRB disclosure)

Criteria: Mentees

- Over 18 years of age (no upper limit)
- Resident of the London Borough of Bexley
- Personal experience of mental health issues
- Desire and commitment to regain a quality of life/live positively with mental health issues and develop their own definition of recovery
- Able to pass relevant safety checks