

Peer Mentorship at Emerge ACT

Arthritis, Pain Support & Emerge ACT run a number of online and in-person peer support services, including regular support groups for a range of conditions, peer educational courses, and 1:1 peer mentorship. We aim to have most of our services run by people with lived experience (peers), and many of our peer mentors are volunteers who share their time, experience and lived wisdom with others.

The aim of our peer mentorship programs is to provide support to people living with chronic health conditions through mentoring with others who have lived experience, and thus reducing isolation and uncertainty.

Anyone who has lived experience of a chronic debilitating fatigue or pain associated condition can be a peer mentor with us.

The role of a Peer Mentor is to engage in an honest, open and respectful relationship, actively sharing experiences. The Peer Mentor role is non-professional.

Our volunteer Peer Mentors help:

- run our self-help course for ME/CFS, Fibromyalgia, Long COVID and persistent pain, following significant training
- facilitate our online support groups
- facilitate in-person cafe catch ups
- run other educational programs, like Club Tortoise, following significant training
- provide 1:1 support to mentees

If you would like to volunteer with us as a Peer Mentor, or require 1:1 mentorship, please contact us.

You can contact us at:

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