

The Role of Peer Support in Ending Social Exclusion and Loneliness

Social exclusion and loneliness are persistent problems in modern society, especially for people who are seriously ill. There are a number of causes: some based on an individual's symptoms, some on stigma and shame, and others on exclusion by communities. No matter the root cause, loneliness has a serious negative impact on both mental and physical health outcomes. It is particularly important to address this for individuals with mental health conditions, as they can have difficulties in forming personal relationships. Peer support can be an effective way to combat loneliness and social isolation.

Join us for a webinar to explore:

- Insights on mental and physical health effects of loneliness and social isolation;
- How to identify discrimination against individuals with mental health conditions that can result in exclusion and loneliness; and
- How peer support can help individuals connect to their communities and establish friendships and personal relationships.

Presenter:

Patrick Hendry is the Vice President of Peer Advocacy, Supports, and Services at Mental Health America. He has worked as a mental health advocate for over twenty-eight years. His areas of expertise include peer provided services, self-directed care, social inclusion, and recovery- based trainings. He has led the creation and release of Mental Health America's National Certified Peer Specialist credential, the first national advanced mental health certification in the United States. In 2014, he developed MHA's social inclusion program, Peer Partners. He is the recipient of MHA's Clifford Beers Award, SMHSA's Voice Award, and Eli Lilly's Reintegration Lifetime Achievement Award. He supports the inclusion of peers/consumers throughout the behavioral health system.

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