



Australian Red Cross
THE POWER OF HUMANITY

Information and access to external services

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A Red Cross and Tasmanian
Prison Service Initiative

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www.redcross.org.au

Inside Help Peer Supporters

Inmates providing advice to inmates



CRISIS CARE COMMITMENT

advice and support on a range of issues

What is a peer supporter?

A peer supporter is able to have a chat one to one in a confidential setting, when things are getting on top of you they are also able to provide practical support to access.

- Services and programs that are available and how to fill in a request form,
- Support to access Therapeutic Services,
 - Dealing with being in Prison,
 - Programs within the Prison,
- External Services that can provide support after release.

Training

Peer supporters have been trained in a number of areas to provide practical support and assistance.

- Mental Health First Aid.
- Save a Mate Drug and Alcohol training,
- Blood Borne Viruses,
- Confidentiality,
- Communication Skills,
- Advocacy.

Getting out soon?

Peer supporters can provide you with information to link in with services before leaving prison; it is good to do this up to three months before release.

- Housing
- Drug and Alcohol Services
- Mental Health
- Family Support
- Centre link.

How do I access peer supporters?

Peer Supporters are located in all sections of the Tasmanian Prison Service and are easily identifiable by their lanyards.

Peer Supporters are available to provide advice and support on a number of issues and information about accessing services.

After lock down and only in extreme circumstances requests need to be made through an officer.