

MAPS

Mental Health and Autism Peer Support
South Staffordshire

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Do you have Autism? Are you also in need of mental health support?

The MAPS service offers support to residents of South Staffordshire aged 18+ who have autism and are in need of mental health support.

The service is staffed by Peer Support Workers, who can provide a wide range of support based on your needs. This may include assisting with day-to-day tasks and planning or helping you to attend appointments and events. The team can also help you to gain skills and knowledge and to access support from other organisations.

The service is currently being delivered through a blend of face-to-face and virtual support.

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Frequently asked questions

What is peer support?

Our Peer Support Workers have experience living with, or supporting someone, with autism or a mental health difficulty. Peer Support Workers can provide a range of support, all focused on:

- Giving clients a sense of hope and wellbeing
- Supporting clients to gain a sense of control over their lives
- Helping clients to engage with, and build connections and a sense of belonging to, their local communities
- Helping clients gain satisfaction in different parts of their lives.

How do I access the service?

The service can be accessed via a referral from a professional within the Midlands Partnership Foundation Trust Community Intervention Pathway, Crisis Team or within Staffordshire Adults Autistic Society.

Call: 0300 303 3428

Email: MAPS@mpft.nhs.uk

Open: Monday-Friday, 9am-5pm (excluding bank holidays)

Our mission: We help people achieve good mental and physical wellbeing and live life to the full