



# PEER SUPPORT

Our Peer Support Officers provide practical, non-clinical and non-judgemental advice to people who have a spinal cord injury. They're a group of passionate individuals living with a spinal cord injury, who are on hand to support you along your journey. They work with you to overcome periods of self-doubt or uncertainty, looking at new ways to achieve old goals and answering all your questions – with no question being too personal or off limits.

## **Our Peer Support team is here to help you**

No one knows or can relate to the changes that come with a spinal cord injury better than someone who lives with it themselves. The team provides guidance, mentorship, knowledge, and a friendly face which you or your family can call upon for support when you need it most.



## Experience the Spinal Life difference

We can support you at any stage of your journey, whether it's in hospital, at your home or in the community. We'll be there, even if you just need a coffee and a chat.

### Where do we offer Peer Support?

Our Peer Support network is made up of dedicated people across Queensland and Perth.

If there isn't a Peer Support Officer in your region, it doesn't mean our team is out of reach – give us a call for a chat to answer any of your questions over the phone, or you can connect with us through our Peer Support Spinal Life Australia Facebook group.

**Take life back!**

[spinal.com.au](http://spinal.com.au) | 1300 774 625



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