



## How to get started

**Peer support is completely free and voluntary. We're simply here if you need.**

To get started, chat with your Career Coach or contact our team.

 **Phone**  
(08) 7093 1801

## Learn more

To learn more about our Inclusive Employment Australia program, visit our website.



sonder.net.au/  
inclusive-employment-australia



### Contact us

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### Follow us

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 SonderSA  Sonder-SA



Finding careers for people with disability

Inclusive Employment Australia is funded by the Australian Government Department of Social Services. Sonder is delivering IEA in partnership with the Australian Refugee Association, supporting people from refugee backgrounds, and OARS Community Transitions, supporting people with justice involvement.



Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

Sonder welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities. We embrace diverse voices in our decision making to ensure we deliver inclusive services.



## Peer support on your work journey.

Connect with our Vocational Peer Practitioners who share lived experience of mental health challenges.



# Inclusive Employment Australia supports people experiencing mental health challenges to find meaningful work.

Your journey with us can include peer support.

With a focus on your wellbeing, our **Vocational Peer Practitioners** walk alongside you and offer understanding, encouragement and real-world insight.

They can support you to navigate challenges, build confidence, and take steps toward your goals – whatever they may look like for you.



## What is peer support?

Peer support is similar to mentoring, but is inspired by compassion and understanding.

### Peer support is:



#### Guided by lived experience

Vocational Peers draw on their own experiences of mental health challenges to offer genuine understanding and relatable support.



#### A safe space for open conversations

You can talk openly about barriers, setbacks and concerns without judgement.



#### Personalised and practical

Support is tailored to you, your goals, your strengths, and what matters most in your life and work journey.



#### A pathway to hope

Vocational Peers understand that progress isn't always linear. They will help you find your own way forward.



After talking to a Vocational Peer about my everyday challenges with being neurodivergent, I feel like I understand myself more.

Participant

## What can peer support help with?

Support is guided by the goals that matter most to you. This might include building a routine or motivation, getting out of the house, using public transport, or attending appointments.

Barriers are identified by you and there is no limit to what can be worked through. Ongoing support is provided every step of the way.

## What to expect

A collaborative team approach supports your employment goals. You can choose to meet separately with a Vocational Peer or together in the same session with your Career Coach.

When meeting with a Vocational Peer, you have the option to choose a location that feels comfortable and familiar, such as a local café or library.



Vocational Peers are living proof that experiencing mental health struggles and setbacks doesn't have to hold you back from achieving your goals.

Vocational Peer