

PEER MENTOR SUPPORT PACK



**FIND
YOUR
FOUR**

If you're a peer mentor working in the HIV space, broader health and wellbeing is likely to be a big part of the conversations you have with mentees.

Those conversations may not always be straightforward. *Find Your Four* peer mentor materials have been developed to provide a framework to help people have those difficult conversations.

SO, WHY *Find Your Four* ?

Find Your Four provides guidance to help people living with HIV to think about *four* aspects of their broader health and wellbeing and help them be ready to talk to their HIV doctor, nurse or support group about why they matter.

The simplicity of the four areas is memorable and a good place to start for people living with HIV. This is even more important for those who are feeling overwhelmed or need some direction to focus their thoughts.

THE *four* areas OF FOCUS



FOR YOUR MIND

Improving mental health through a simple, relatable approach



FOR YOUR BODY

Supporting people to understand and address other health conditions and their wider physical health needs



FOR YOUR EVERYDAY LIFE

Increasing awareness of issues that can affect health, ranging from immigration status and finance to family relationships and support networks



FOR SUPPORT NOW AND IN THE FUTURE

Highlighting the supportive HIV community that can offer help, and resources such as peer support

HOW CAN I USE *Find Your Four* IN MY PEER MENTORING SESSIONS?



Help your mentees to 'find their four':

Ask your mentees to complete the *Find Your Four* [guide](#) to identify the priority areas which they would like to focus on at their next HIV healthcare appointment.



Watch the *Find Your Four* peer support videos:

These videos contain practical guidance from experienced HIV mentors and healthcare professionals on how to talk with your mentee about their priority areas.

Topics include: the value of peer mentoring, mental health, sexual health and wellbeing, addictive behaviours and managing wider health.



Use the *Find Your Four* materials:

Take mentees through relevant materials based on their needs. Encourage mentees to discuss areas that resonate with them. The following materials are available on the '[Living well with HIV](#)' page on the *Find Your Four* website:

- [For a healthy mind](#)
- [For a healthy body](#)
- [For a healthy menopause](#)
- [Your rights to HIV care](#)
- [Routes through HIV care](#)

These materials are available via the *Find Your Four* website in English, Portuguese, French and Spanish.