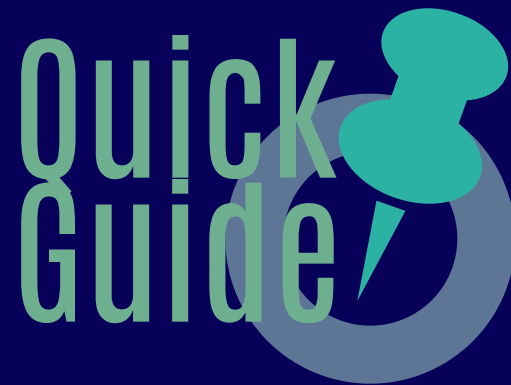


Peer Support: Basics

These basic foundations of peer support, rooted in the grassroots communities peer support grew from, can be really helpful in understanding what peer support is, or isn't!



1 On Our Own

'Peer support' grew from people with mental health problems supporting and helping each other outside of the realm of service providers. Like any other form of 'peer support', it is provided by peers, for peers, without oversight, guidance or direction from anyone else.

2 Shared Responsibility

Since peer support involves 'peers', we have equal status, which means no one person holds responsibility or decision making power. In order to be without hierarchy, peer supporters have to share responsibility for making peer support work.

3 Together

Peer support is based on a principle of 'doing things together'. No-one is being 'done to', everyone's expertise is of value, and we figure out how we use our time and resources together.

4 Community

Peer support was borne of communities, and so is founded in the principles of good communities: respect, trust, valuing each other and our contributions, accessible and safe. Peer support seeks to welcome those who have been excluded, othered or dehumanised into a community which cares about them and sees them as valuable community members.

Discover Peer Support

To find out more about peer support and how to develop your skills and understanding, go to www.peerhub.co.uk



Peer Hub