



The Peer Support Charter

Trust



Feeling safe and having confidence in relationships and outcomes.

Diversity



Different and varied life elements and characteristics.

Equality



Having equal value and power.

Hope



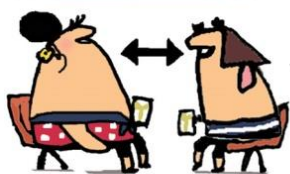
Feeling you can achieve what can be had.

Solidarity



Community and unity of feelings and interests.

Mutual Benefit



Sharing and exchanging things and feelings.

Empathy



Understanding and sharing the feelings of another.

The Principles of Peer Support

Self-determination



Living the life you want to live.

Commonality



Shared beliefs, ideals and goals.



The Peer Support Charter

Commonality

Between peers there is a connection based on shared beliefs, ideals and goals and a state of belonging. This is created through working together for a common aim and recognising similarities.



Trust



Peers will understand and appreciate your concerns and comments. You should have confidence that what you share would not negatively affect your treatment. The relationship is one of honesty and reliability.

Diversity

Where possible, you should be able to identify with a peer, not just on the basis of shared experience of mental distress, but other life elements and characteristics. Peers should be people who are different and varied, either by race, culture, age, gender or sexuality.



Empathy



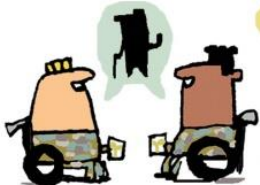
Peers are able to offer a supportive relationship, based on their own lived experience and shared understanding of mental distress. Having someone who is kind, compassionate and has the ability to understand your emotions and your experiences will help you feel better and stay better.

Hope

Peers role model hope as living examples of how life can change. They hold out real hope for you because they know what is possible and will share your journey to change your life. When someone is truly hopeful for you, it becomes much easier to be hopeful for yourself.



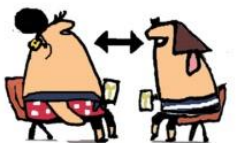
Solidarity



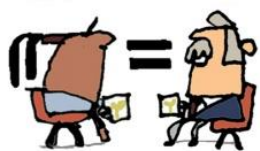
Peers are in a unique position to share their experiences with you, focussing on positives and walking beside you 'shoulder to shoulder' on your journey. Community and unity of feelings, purpose, responsibilities and interests.

Mutual Benefit

Peer support is about sharing and exchanging things that will give each other help and advantages.. The relationship between you is reciprocal - of benefit to both of you.



Equality



Peer support is when people with similar experiences and backgrounds come together as people of equal value to give support to one another. Neither person has more power in the relationship. Your knowledge and experience is valued the same.

Self-determination

Peer support provides an opportunity for you to decide your own goals and ambitions and take responsibility for yourself. The process is about you taking control of your own life, making your own decisions, solving your own problems and living the life you want to live.

