

# THE PEER SUPPORT CHARTER



## COLLABORATION

Peers work in partnership with you in a unique way best suited to your needs. We work alongside you with a shared approach, towards your desired outcomes.

## HOPE

Peers are living examples of what is possible. We hold optimism that we all have the capacity to learn and develop new ways to manage our wellbeing.



## EMPATHY

Peers are able to walk beside you and be interested around the areas of your life you would like to explore. We listen, try to understand and share in the experiences and feelings of another person.



## RESPECT

Peers will work alongside you to recognise and value all those things that make you unique. We respect each other's differences and empower you to have your own voice.



## ACCEPTANCE

Peers accept you for who you are without judgement in an inclusive and engaging space. This leads to an ability to help you have belief in yourself.



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## PERSON CENTERED

Peers enable you to do things for yourself by adopting a non-directive and flexible approach with you at the center of your support. We listen and support you to explore your own strengths, potential and resources.

## SAFE

Peer support creates a safe space where you can explore parts of yourself that you may not normally share. This can facilitate those first brave steps towards restoring your wellbeing.



## LIVED EXPERIENCE

Peers are able to use their own life experience to connect with you as an equal. With the reassurance you are not alone ideas and approaches can be explored.



## MUTUALITY

Peer support is based on the sharing of experience enabling everyone to learn and for their contribution to be valued.



## AUTHENTIC

Peer support facilitates a genuine, truthful and honest relationship to develop whereby you can live your own story.

