



MUTUALITY

EACH PARTY HAS EQUAL POWER IN THE RELATIONSHIP.

A connection is formed by building a safe, trusting and bounded relationship to allow open, honest interactions which in turn promotes a deeper level of understanding and the ability to move forward together, with no one person holding the power or control.



RECIPROCITY

EXCHANGING EXPERIENCES AND IDEAS IN A HOPE-INSPIRING WAY, FOR MUTUAL BENEFIT.

Being non-judgemental and using active listening skills to understand and truly 'hear' the other person. Then sharing lived experiences that are relevant to them and their situation, of equal challenge and meaning, shared at the appropriate time and are person-centred, not for the sole benefit of the peer.



NON-DIRECTIVE

NEVER FORCING OR COERCING OUR OWN IDEAS OR SOLUTIONS.

Using a strengths-based, solution-focussed approach to help develop belief in own decision-making skills. Seeing and highlighting the strengths in the other person and offering new perspectives on their life and achievements. Working through challenges together, in small manageable steps to reach the best solution for the person.



STRENGTHS-BASED

FOCUSING ON STRENGTHS AND CELEBRATING ACHIEVEMENTS.

Acknowledging what is going well and what skills and qualities the person has, even through difficult times. Validating their feelings but not staying stuck on the problem itself. Working through the challenge to find a way forward by looking at things differently and generating alternative solutions.



RECOVERY-FOCUSED

USING A PERSONS EXPERIENCES, VALUES AND ASPIRATIONS TO ENABLE THEM TO LIVE A MEANINGFUL LIFE.

Being trauma-informed allows us to create a safe, trusting space, enabling the person to express their authentic self and encourage collaboration in moving forwards. It gives them the chance to see that change is possible, that there are opportunities to move forward, and that they are in control of their own life.

PEER SUPPORT VALUES



PROGRESSIVE

A TIMELY 'TRAVELLING COMPANION' ON A SHARED JOURNEY OF DISCOVERY.

Getting to know the person and understanding their goals and aspirations, and using these to encourage them to move forward and keep on track.

Maintaining clarity that this relationship is time-limited and encouraging the person to make the most of what can be done together.

Building confidence and self-reliance to help the person move on without us.



SAFE

ENSURING BOTH PARTIES FEEL SAFE, EMOTIONALLY, PHYSICALLY AND RELATIONALLY.

Without safety, open, trusting and effective relationships cannot be developed. Establishing boundaries at the start of the relationship and maintaining these helps create a safe space for both parties. Recognising when safety may be compromised on either side is important to ensuring a meaningful relationship and the right support is provided.



COMMUNITY-FACING

SUPPORTING THE PERSON TO ACCESS THE COMMUNITY OF THEIR CHOICE.

Helping the person to find and connect with the right community for them, helping them to overcome any barriers to accessing this community and signposting to other support that may be available.

A sense of belonging to a community encourages connections to be made, allows the person to be valued for their abilities and uniqueness, thus improving mental health.