

## What makes peer support unique? Your ideas, experiences and insights

**Screen 1:** What makes peer support unique? Your ideas, experiences and insights

**Screen 2:** We wanted to understand what makes peer support unique in Scotland?

**Screen 3:** So we... Brought people together at two online discussion events

**Screen 4:** We also... Interviewed a range of people from across the country involved in peer support

**Screen 5:** This is what they said...

**Screen 6:** If we could bottle peer support it would contain...

- Hope and belief
- Equal relationships
- Shared experiences

**Screen 7:** The essence of peer support is intentional and also about...

- Shared power
- Exploring together
- Creating safe space

**Screen 8:** You told us...Peer support is a journey

**Screen 9:** “It places emphasis on people leading their own recovery”

**Screen 10:** “We walk alongside you. We’re not here to fix anything....but to relate and empathise on a shared journey

**Screen 11:** You discussed...The peer role and relationship

**Screen 12:** You are not on your own. Other people have experienced all you have gone through

**Screen 13:** Supportive relationship. Intentional space. Relationship of equals. Shared lived experience.

**Screen 14:** You said help for peer roles should include...

- How to get started
- Selfcare ideas
- Ongoing support

**Screen 15:** Next steps

We look forward to continuing to collaborate with you to inform the development of...

- The Peer Recovery Hub – shared learning and resources
- Peer roles and approaches across Scotland

**Screen 16:** Get involved

Email: [lesley.smith@scottishrecovery.net](mailto:lesley.smith@scottishrecovery.net)  
[www.scottishrecovery.net](http://www.scottishrecovery.net)

#PeerSupportScot

