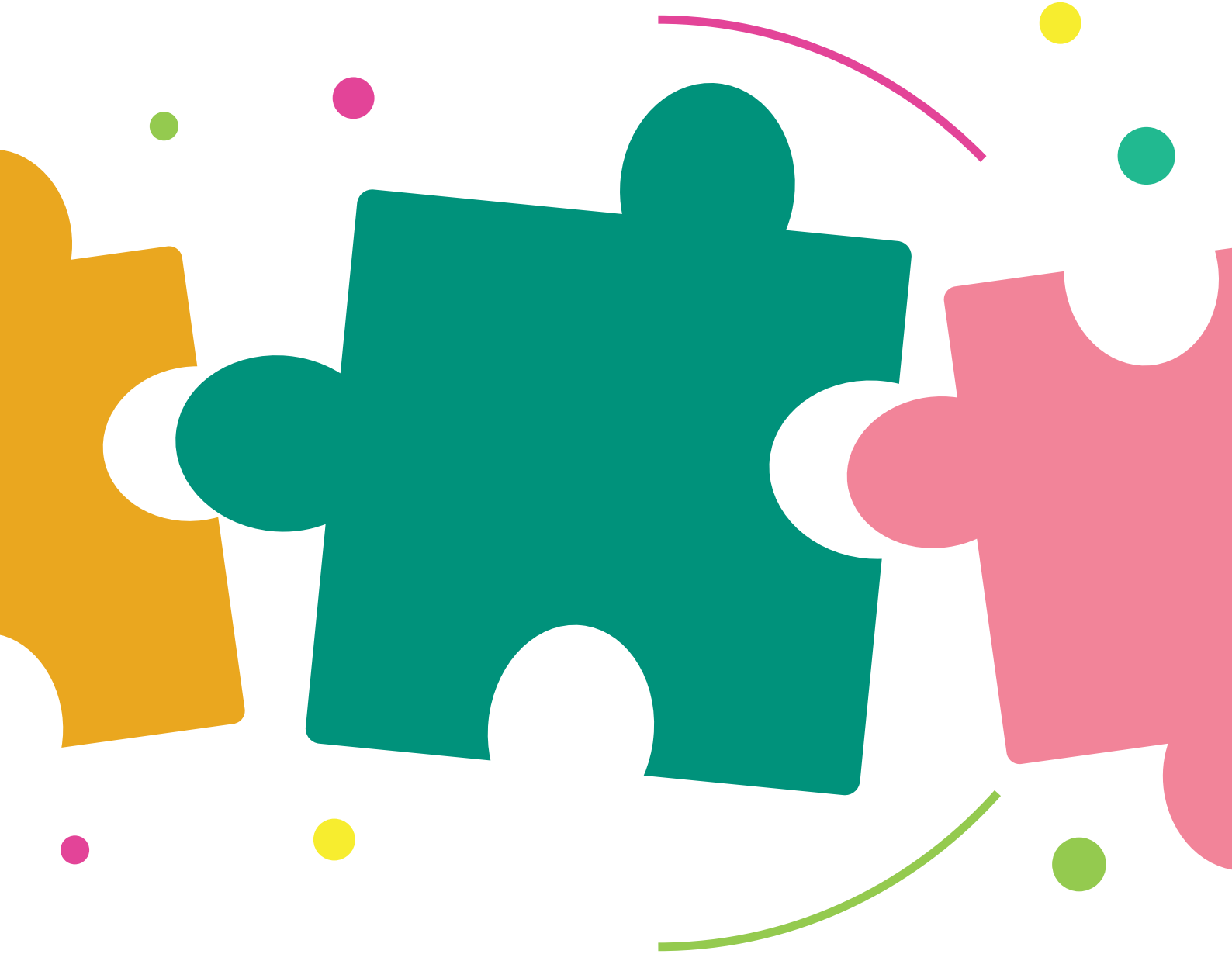




Creating Hope with Peer Support

3 years of peer power
in suicide prevention



Photography in this report by
Brian Hartley, Joe Dalton and
Scottish Recovery Network

Foreword

Creating Hope with Peer Support is a national project led by Scottish Recovery Network. We partner with people and communities across Scotland to focus on embedding peer support as a vital part of suicide prevention.

This report marks the first three years of Creating Hope with Peer Support and the people who make it possible. Peer workers, groups, services and organisations, collaborating to create connections, share knowledge and strengthen support for their communities.

Whilst the project facilitates workshops and supports learning, providing resources and amplifying lived experience, it is the people we work with who drive real change.

Throughout the report we draw on reflections, stories and feedback from participants and partners. Insights from our evaluation with Matter of Focus help us understand the project's impact and future direction. Together this learning shows not only what the project has achieved so far but also the potential for peer support to transform suicide prevention across Scotland.

We want to take this opportunity to thank the many people, groups, organisations and services who contributed not only their time but also their expertise and wisdom. This has made the project the success it has been, and we look forward to working with them on the next exciting steps.

The Future is Peer

Louise Christie, Director, Scottish Recovery Network



**View the
Matter
of Focus
evaluation
report**

Aims of the project

Creating Hope with Peer Support began because communities told us they wanted more confidence, recognition and support for peer support's role in suicide prevention.

Across Scotland, many groups and organisations emerged from lived experience of suicide, creating vital spaces for connection. Likewise, within most areas of peer support, many peer workers and groups were already supporting people affected by suicide, whether through experiencing suicidal thoughts, recovering from suicide attempts or coping with bereavement by suicide. However, both peer workers and groups told us they often lack the resources, visibility, and opportunities to share learning, connect, grow their practice, and influence decision-making, all needed for sustaining peer support.

Creating Hope with Peer Support values the vital role of peer support in suicide prevention. The project aims to create conditions for peer support to thrive, ensuring it's seen, understood and valued as a crucial part of preventing suicide and promoting mental health recovery across Scotland.

The project's aims are:

- Community-based suicide prevention and support groups provide accessible and sustainable peer support to communities of place and interest.
- The work of community-based suicide prevention and support groups is better understood, recognised and valued.
- Peer support groups and services are meaningfully involved in local decision-making and better solutions are considered.

Why peer support?

Certain factors can increase vulnerability to suicide, including social isolation, mental and physical health challenges, gender, traumatic life events, and the stigma and discrimination faced by marginalised groups. Peer support offers an intentional way for people to connect with others who have walked similar paths, creating environments where experiences can be shared, voices can be heard, and pathways to hope can be explored together.

Through peer support, people discover they're not alone. It opens doors to timely help, whether someone is navigating crisis, recovering from a suicide attempt, or coping with bereavement. It means people, their families and anyone touched by suicide can access meaningful support when they need it most.

Peer support takes many forms, from community-led groups to professional peer worker roles within services. Creating Hope with Peer Support works to build the capacity, connections and voice of peer workers and communities by developing skills, strengthening networks, sharing knowledge and shaping policy and practice. Real change comes from the people themselves, the peer workers and the communities they build, with the project enabling, amplifying and celebrating their contributions. Peer support is central to community efforts to prevent suicide and a key part of the Scottish Government's Creating Hope Together 10-year strategic vision for Scotland.

<https://bit.ly/CreatingHopeTogether>



Celebrating a change maker

Peer workers are building vital spaces where people can connect, share experiences and find support. Across Scotland, individuals are leading grassroots initiatives that demonstrate the power of peer support in suicide prevention.

Nic Saunders is a peer leader in suicide prevention. They founded Living Warriors Project, an Edinburgh-based peer support group for survivors of attempted suicide, in 2017. This project provides a space for open discussions about surviving a suicide attempt, replacing shame and silence with honesty and connection and radical acceptance. It has since become a thriving, intimate group that has helped amplify the voices of suicide attempt survivors in Scotland's suicide prevention sphere.

“It was always like, oh, we don't talk about that here, like, well, that's for somebody else. So there's nowhere that I could actually like, put it”

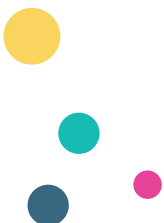
Nic Saunders

Nic has been closely involved in Creating Hope with Peer Support from the start. By co-designing and piloting the resource to reflect peer support practice and the values that matter most to suicide attempt survivors. They were also chosen to speak with the Minister for Social Care, Mental Wellbeing and Sport, Maree Todd, during our ministerial visit in 2024, bringing suicide attempt survivors' perspectives to national discussions on suicide prevention.

Nic's work spans multiple roles. Alongside Living Warriors, they're also a youth worker with Edinburgh's Green Team, advancing from volunteer to paid project lead, connecting neurodiverse youth with nature. They also lead Queer by Nature, a community-led LGBTQIA+ inclusive project that connects Edinburgh's queer community with the outdoors. This year, Nic began their first paid peer worker role with Thrive Edinburgh, marking a significant milestone in recognising their skills, dedication and transformative work.

Nic shows how peer workers are grassroots connectors and change-makers, combining leadership, lived experience, creativity and compassion. After feeling unheard following their own suicide attempt, Nic has built a powerful voice and created inclusive spaces where others like them now feel truly seen, valued and connected.

www.livingwarriorsproject.com



What we did

Creating Hope with Peer Support delivered activities over three years to strengthen peer support for those affected by suicide. We partnered with organisations across Scotland, leveraging local insights and championing the knowledge and expertise of people with lived experience.

Learning and networking events

Regional and national events in Scotland unite diverse groups, allowing peer workers, community organisations, and stakeholders to share knowledge, build networks and strengthen connections. We partner with local groups, suicide prevention leads and organisations, ensuring the project works alongside those who understand their communities best rather than imposing solutions from outside.

“(My highlight was) The ability to network and meet peers. Great to see services between the sectors get a chance to meet and communicate”

Learning and networking participant

Resource development: sharing experience and practice

The Creating Hope with Peer Support practical resource is co-designed with those already delivering peer support within suicide prevention. We co-developed the resource through workshops with organisations throughout the country, then piloted it during a 2-day session in Perth. The resource uses the Creating Hope with Peer Support Pathway – Connect, Explore, Hope and Support – to guide peer relationships, drawing from real experiences.

Further development of the resource includes the creation of four practice guides: Creating Safe Spaces, Navigating Discomfort in the Peer Relationship, Supporting People Experiencing Distress and Redefining Safety and Shared Risk.

“(Scottish Recovery Network) take a very human approach and they understand what peer work is at their core. I just felt very welcome. Like, ok this is a space we can work from. We can actually make change”

Resource co-design participant



Get your Creating Hope with Peer Support resources



Practical workshops

Workshops that aim to build skills and confidence in developing supportive peer relationships with those affected by suicide. Often in collaboration with local partners, we've hosted workshops for peer workers and people interested in peer support, using the Creating Hope with Peer Support resource to practise approaches and explore peer support principles in a collaborative setting.

“I think it reinforces for me the absolute need. It's not just peer support; it's safe places and communities for people that need help.”

Workshop participant

Lived experience leading the way

Creating Hope with Peer Support is a core part of the Scottish Government and COSLA's Creating Hope Together Strategy, contributing to 'Outcome 3: ensuring everyone affected by suicide can access high-quality, compassionate, and timely support'. Our goal is to make peer support a recognised and embedded part of suicide prevention across Scotland.

We amplify peer voices in decision-making, from local planning groups to national policy discussions, ensuring those most affected by suicide shape the systems designed to help them. Working with national and local suicide prevention leads, we connect people, share learning, and embed peer perspectives in action plans and service design.

An example of this is our work with the Lead for Time, Space, Compassion – a Scottish Government approach that supports people in suicidal crisis by providing time to be heard, safe space to process thoughts and compassion through human connection. Through this work, we bring lived experience and peer perspectives whilst facilitating links with peer-led suicide prevention groups and services across Scotland. We have contributed to the Introductory Guide to Time, Space, Compassion events and supported the planning and delivery of events, workshops, and podcasts.

Through all we do, we aim to ensure peer support is valued not just in practice, but at the heart of Scotland's suicide prevention strategies.

1. Aberdeen

- Open workshop

2. Annan

- Learning and networking event in partnership with Dumfries and Galloway Health and Social Care Partnership

3. Dundee

- Resource launch event
- Two workshops in partnership with Dundee Volunteer and Voluntary Action
- Learning and networking event in partnership with Dundee Volunteer and Voluntary Action

4. Dumfries

- Learning and networking event in partnership with Dumfries & Galloway Health & Social Care Partnership

5. Cupar

- Learning and networking event in partnership with Fife Health and Social Care Partnership

6. Edinburgh

- Learning and networking event in partnership with Thrive Edinburgh, CAPS and Health in Mind
- Two workshops in partnership with Edinburgh Peer Community and LGBT Health in Mind respectively
- Open workshop

7. Elgin

- Learning and networking event in partnership with SAMH, Moray Wellbeing Hub and tsiMORAY

8. Glasgow

- First learning and networking event
- Second learning and networking event in partnership with NHS Greater Glasgow and Clyde and Mental Health Network (Greater Glasgow)
- Workshop in collaboration with ReStart Glasgow
- Workshop at the Creating Hope Together conference
- Open workshop

9. Glenrothes

- Workshop in partnership with Fife Voluntary Action

10. Greenock

- Pilot workshop in partnership with The Anchor
- Workshop in partnership with Families In the Know Inverclyde

11. Inverness

- Open workshop
- Workshop in collaboration with Discovery College

12. Kirkcaldy

- Workshop in partnership with Fife Voluntary Action

13. Livingston

- Pilot workshop and additional workshop in partnership with Neil's Hugs Foundation

14. Paisley

- Workshop in partnership with Engage Renfrewshire

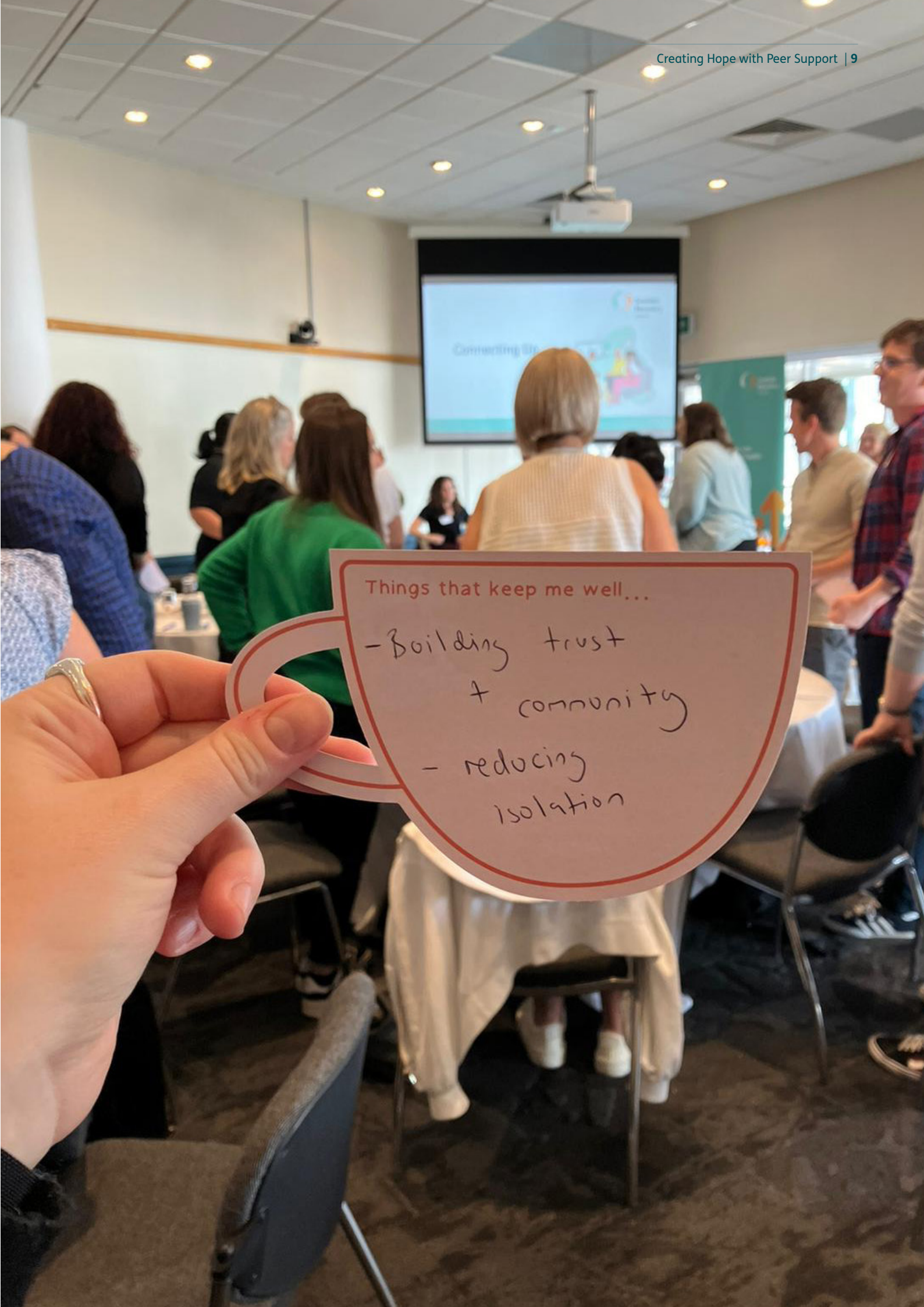
15. Perth

- Learning and networking event in partnership with Perth and Kinross Health and Social Care Partnership
- Two workshops in partnership with CATH Perth and Mindspace

16. Stirling

- Learning and networking event in partnership with NHS Forth Valley





Things that keep me well...

- Building trust
+ community
- reducing
isolation

Peer support transforming crisis intervention

Across Scotland, communities are reimagining crisis response by placing peer support at its centre. When people experiencing distress are supported by those with lived experience, it can transform how services are delivered, reshaping both the approach and the outcomes for those involved.

Work happening in Dundee demonstrates how investing in peer support and lived experience can transform suicide prevention and crisis intervention. This is shown especially by the work of Hope Point, Dundee Wellbeing Support. The 24/7 centre, which opened in July 2023, is run by Peer Practitioners from Penumbra.

Hope Point was co-designed with a range of Dundee residents. Stakeholders strongly advocated for employing people with lived experience, recognising that peer support workers could offer genuine understanding born from walking similar paths.

The centre provides an initial contact point for anyone experiencing distress. Support is delivered at a time and in a format of each person's choosing: face-to-face, by phone, or by text. The service offers safety planning, wellness recovery action planning and connections to community resources and specialist services. Hope Point's model demonstrates that people experiencing distress need to be heard, understood and supported by people who truly get it. By placing peer workers at the centre of crisis response, the service shows how lived experience can be valued as fundamental to effective support.

Hope Point has been involved with Creating Hope with Peer Support in several ways that have led to various other areas of collaboration. Hope Point Senior Peer Practitioner Rab Douglas spoke at the Ministerial visit and participated in Scottish Recovery Network's peer leadership programme, Peer Wave of Change. Furthermore, Paul Byrne presented at a Creating Hope with Peer Support learning and networking event in Dundee whilst working at Hope Point. He has since advanced to a Peer Development Worker role at Dundee Volunteer and Voluntary Action, where he has been key to creating our practice guide for supporting people experiencing distress. Paul also runs a peer support network in Dundee, creating space for peer workers to connect and share learning. The peer network is currently working on creating a peer framework for Dundee, a monumental step for local peer support in Scotland.

“There is a lot of great peer work going on throughout Dundee, and this will continue to grow and evolve, having an increasingly positive impact on communities across the city”

Paul Byrne

www.penumbra.org.uk
www.dvva.scot



Peer work also forms a central component of Dundee's Suicide Prevention Action Plan, ensuring that lived experience informs local policy from frontline support through to planning. This approach means that the co-design process that led to the creation of Hope Point can continue in ongoing decision-making and service design. Scottish Recovery Network's strong relationship with Dundee's Suicide Prevention Co-ordinator Robin Falconer has helped ensure that peer perspectives remain embedded in local strategy and practice.

Across Scotland, similar initiatives demonstrate the power of peer-led crisis intervention. These include The Neuk in Perth, a peer-led crisis centre for anyone in Perth and Kinross, established in 2020, and Sam's Cafe run by SAMH in Fife, which places peer workers in A&E at the Victoria Hospital in Kirkcaldy. These show how communities are investing in peer support within crisis contexts.

These approaches highlight the power of trying something new based on what people say they need and the importance of learning from innovation that is working in different areas of Scotland. Together, they demonstrate what's possible when we place peer support and lived experience at the heart of crisis intervention, creating support that is fundamentally more connected to what people are asking for.

**Across Scotland,
similar initiatives
demonstrate the
power of peer-led
crisis intervention.**

Championing peer support and community strength

Community-led organisations are creating essential spaces where marginalised groups can access peer support. These grassroots initiatives demonstrate how peer support can address the specific needs of communities facing higher suicide risk.

The Hive in Kirkcaldy is a vibrant LGBTQIA+ community hub that creates spaces where everyone can connect, share experiences and feel seen and supported. Their peer support groups offer hope, build confidence and reduce isolation. They also provide other innovative services including a fully equipped gym, community fridge and pantry and a clothing bank. Since LGBTQIA+ communities face higher suicide risk due to marginalisation, discrimination and social stigma, The Hive's work is vital.

Creating Hope with Peer Support first connected with The Hive at the Fife learning and networking event in Cupar, where their director Lindsey Williamson presented. Since then, the partnership has flourished. Together, we co-delivered a workshop highlighting peer support for LGBTQIA+ communities at the Creating Hope Together national conference. The workshop explored peer support's meaningful role in preventing suicide within the LGBTQIA+ community whilst dispelling misconceptions and building better understanding of what makes peer support unique and impactful. The Hive also contributed to a film collaboration with Creating Hope with Peer Support and Suicide Prevention Scotland, showcasing peer support's crucial role in preventing suicide for everyone.

Through their work, The Hive has become a beacon for peer-led suicide prevention in LGBTQIA+ communities, showing how grassroots organisations can lead with compassion and creativity. The team champions peer support and ensures it stays visible, valued and celebrated, especially for a community that often faces marginalisation. By creating and holding spaces where people can be heard, supported and connected, The Hive shows how peer support can transform lives and nurture hope.

The Hive's dedication highlights the power of peer-led, community-focused suicide prevention. Their skill, commitment and inclusive approach inspire others and prove that meaningful change is possible when communities are empowered to lead, support one another and create environments where everyone can thrive.

www.thehivefife.org.uk



WELCOME HOME



Impact

Over its first three years, Creating Hope with Peer Support has helped increase access, awareness and connections within peer support.

It has supported people and communities to develop their skills and helped platform them at local and national decision-making levels. The project has gradually built up its engagement and community support and begun to show evidence of shifting attitudes and perspectives. Feedback from participants, partners and the independent Matter of Focus evaluation has helped us understand the difference made.

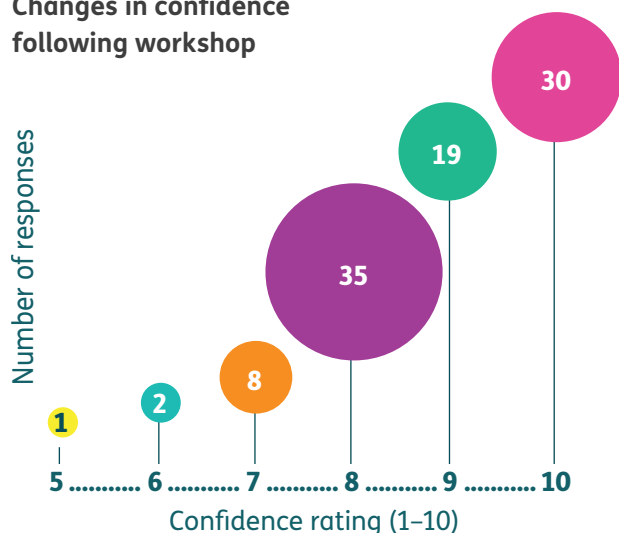
For people

Through workshops, co-design activities and networking events, peer workers have shared their experiences, influenced local practice and shaped broader conversations about suicide prevention.

“I have high hopes that things will change for the better and that I’d like to get involved in helping others.”

Learning and networking participant

Changes in confidence following workshop



The workshops have been particularly impactful. Peer workers and related roles report feeling more confident in building meaningful peer relationships and responding when people experience suicidal thoughts, recover from suicide attempts, or are bereaved by suicide. Many have strengthened their skills in active listening, compassionate engagement and community connection.

“Everybody has walked away with a little bit more confidence in how we can support people for sure ... people can think ‘I know the wording to use and the behaviours to project to make somebody feel comfortable to have these discussions.’”

Workshop participant

Learning and networking events have sparked connections amongst peer support workers and those involved in peer support. These events have helped people see their role as peer voices within local suicide prevention efforts and recognise how their contributions can shape practice and policy.

“I had a couple of people contact me at the end (of the learning and networking event) to say they would like to be involved in the local suicide prevention group so that was good... and making local connections was good.”

Local suicide prevention lead

Over 85% of learning and networking event participants reported stronger understanding of peer support.

Over 95% of learning and networking event participants agreed that peer support can play a greater role in supporting people affected by suicide.

371
people have attended Creating Hope with Peer Support workshops and events.

Project resources have been engaged with
2600+
times.

For communities

Creating Hope with Peer Support has helped embed peer support practices within local networks, creating stronger and more connected spaces for people affected by suicide.

Workshops and learning and networking events have stimulated collaboration across local groups and services, growing awareness of peer support and building community strength. The project has supported peer-led initiatives and grassroots networks to expand their reach and influence, often creating new partnerships and opportunities for collective action.

“(My highlight was) connecting and hearing from peer groups, experiences and thinking about local opportunities to support and embed peer support.”

Learning and networking participant

“It really felt like you were part of something. I was quite new in my role and didn’t know many people, and to see how many different people were out there (connected to the peer support space), all with, not the same, but similar ideas and goals, working towards something different ... it was really nice to see.”

Learning and networking participant

For the wider system

Creating Hope with Peer Support has contributed to shifting how peer support is valued within the broader suicide prevention landscape in Scotland. Strategic stakeholders report that the project has influenced service design and policy conversations by championing peer-led approaches and elevating lived experience in decision-making. Key moments like the Ministerial visit from Maree Todd MSP have highlighted the credibility, value and importance of peer support in suicide prevention at a national level.

Through these contributions, Creating Hope with Peer Support has demonstrated that lasting change in suicide prevention happens when communities and people are empowered to lead, share and connect. The real impact comes from the commitment, dedication and expertise of those involved.

“Nationally the project has really made a mark for itself, and it’s considered one of the key components I would say of the CHT (Creating Hope Together) strategy, and I would say especially in the early years of the delivery, one of the key successes as well.”

Creating Hope with Peer Support stakeholder



Strategic stakeholders report that the project has influenced service design and policy conversations by championing peer-led approaches and elevating lived experience in decision-making.

Amplifying peer support voices

Creating Hope with Peer Support works to elevate peer support within Scotland's suicide prevention landscape.

By creating platforms for peer workers and peer-led organisations to engage directly with policymakers, funders, media and strategic stakeholders, the project helps ensure that the expertise and impact of peer support reaches national conversations. These opportunities strengthen the visibility and credibility of peer support as a fundamental part of suicide prevention in Scotland.

Ministerial visit

The Scottish Government and COSLA invited Scottish Recovery Network to design a Ministerial visit that would highlight the positive and constructive role of peer support in suicide prevention. The visit took place on the same day the latest Scottish probable suicide statistics were released, providing a moment to pause and reflect on those affected, whilst also highlighting the hope and recovery that peer support can bring to people with suicidal thoughts, those supporting someone in distress and people bereaved by suicide.

During the visit, four mental health organisations presented different models of peer support: Rab Douglas from Hope Point Dundee, Sam Magee from The Anchor, Donna Paterson-Harvie from Neil's Hugs Foundation and Nic Saunders from Living Warriors Project. Each shared the powerful impact of peer support on both themselves and the people they work with and support, engaging directly with Maree Todd, Minister for Social Care, Mental Wellbeing and Sport. Minister Todd acknowledged the importance of peer support, stating:

“It is such a privilege to hear from Peer Supporters – who are making ‘time, space, compassion’ real every day. They do powerful work. There’s nothing more hopeful when you’re in despair than finding folk who’ve walked in your shoes and are now in a different place.”

Maree Todd, Minister for Social Care, Mental Wellbeing and Sport.



This Ministerial visit created a key opportunity to advocate for the value of community-based peer support and its significant role in suicide prevention. The visit also attracted local and national media attention.

Nic Saunders, Founder and Co-organiser of Living Warriors Project, reflected on the visit's impact:

“The meeting with the Minister was important for a few reasons. To have a place at the suicide prevention table as survivors of attempted suicide and have our voices heard is huge and integral to the wider suicide prevention and recovery conversations.”

This Ministerial visit played a crucial role in bringing the diverse voices of people involved in peer support into wider policy discussions on suicide prevention, ensuring their work receives recognition and value at the highest level.

Suicide Prevention Scotland peer support film

We were asked by Suicide Prevention Scotland to collaborate on a film that showcases the role of peer support. The film highlights the voices and experiences of peer workers from The Hive Kirkcaldy, a community hub for LGBTQIA+ people in Fife, LATNEM, peer support for mums and birthing people in the north east, and Men United, peer support for men in Peterhead. Together they demonstrate the vital and unique contribution peer support makes to suicide prevention across Scotland, particularly amongst communities that face high suicide risk.



**Watch The Power of
Peer Support in Suicide
Prevention**

Bringing hope to communities through peer support

Many peer support initiatives emerge from personal experience of loss and a determination to ensure others receive the support they need. These organisations create practical, accessible services rooted in understanding and connection.

After losing her son Neil to suicide in 2011, Donna Paterson-Harvie BCAh* founded Neil's Hugs Foundation to support those affected by suicide and mental health challenges. The charity offers practical and emotional support, creating connection, understanding and hope.

Neil's Hugs Foundation serves West Lothian and Clackmannanshire through peer support services like confidential one-to-one support, befriending, support groups, signposting, and weekly "Cuppa and Chat" drop-ins at West Lothian College. These initiatives help people reconnect with hope and realise they're not alone.

"I do not believe that people in positions of power and in general are aware of the impact peer support has in all of our communities and the pressure taken off from the statutory services by people with lived experience. People who set up charities and groups to fill the gaps in support that they needed that are just not there."

Donna Paterson-Harvie BCAh

Neil's Hugs Foundation has been involved with Creating Hope with Peer Support from the very beginning. They co-designed the resource and played a crucial role in delivering the very first Creating Hope with Peer Support workshop.

Their involvement provided valuable insight into how workshops could be structured, facilitated and experienced by participants. This partnership has been instrumental in shaping both the workshops and the resource, ensuring they're grounded in real-world peer support practice. Donna has also co-delivered additional workshops and contributed to learning and networking events. She has shared her expertise across Scotland, helping shape the way peer support is understood, valued and celebrated in suicide prevention.

Donna and her team organised the Baton of Hope visit to West Lothian as part of the initiatives 20-stop UK tour. By hosting the baton, they brought national attention to suicide prevention, creating opportunities for the community to come together, share experiences and shine a light on hope and support. Donna has also been instrumental in the Lothians Speak Their Name quilt, a mixed media quilt in memory of people that have died by suicide which is now being exhibited throughout Scotland.

Through their work, Donna and her team have demonstrated the incredible power of peer-led, community-focused suicide prevention. They have supported countless people to feel heard, connected and hopeful. Neil's Hugs Foundation stands as a shining example of how peer support can flourish when led by those with passion, commitment and lived insight.

www.neilshugsfoundation.com

* British Citizen Award for Healthcare



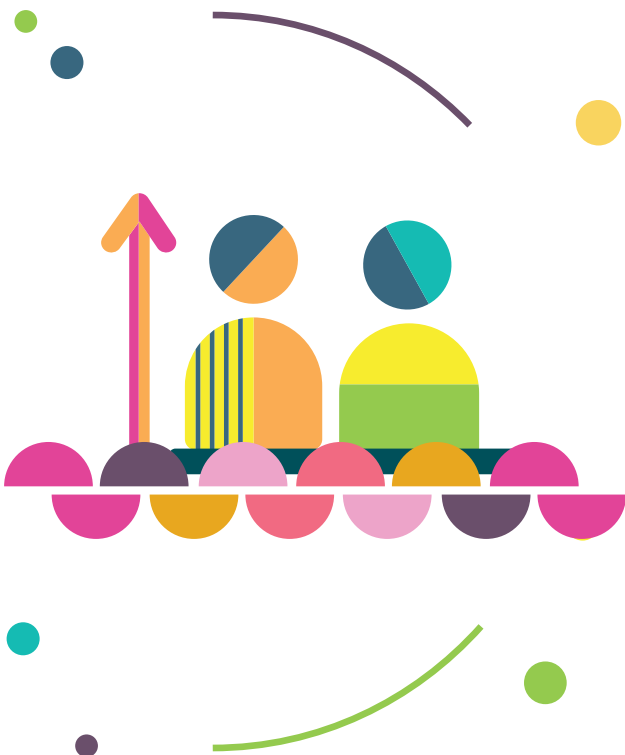
What's next for Creating Hope with Peer Support

The momentum is building. The foundation is strong. Now it's time to accelerate change for peer support in suicide prevention.

Creating Hope with Peer Support has built a strong foundation for recognising and valuing peer support in suicide prevention across Scotland. Over three years, we've witnessed peer workers and grassroots organisations flourish, and entire communities demonstrate the extraordinary power of lived experience. But this is just the beginning.

Our bold vision for the future includes:

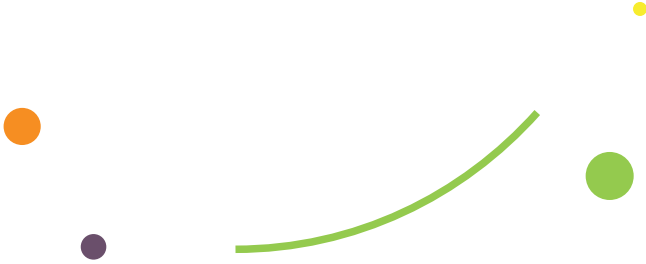
- **Deeper impact** – Providing more opportunities for learning, development and collaboration, particularly for peer workers supporting people in crisis or experiencing suicidal thoughts. This includes exploring ways to support more specialist peer approaches for those already working in distress or crisis contexts, helping them share expertise and upskill others.
- **Amplifying under-represented communities** – Some of us face higher suicide risk including autistic people, men, minority ethnic groups, LGBTQIA+ communities, refugees and asylum seekers, rural communities and others. This heightened risk comes from marginalisation, discrimination and structural barriers, not from who we are. Many of us belong to several of these groups at once. Incredible peer support work is already happening within all these communities, often without the recognition or resources it deserves. We will continue to showcase all aspects of peer support throughout Scotland, helping us learn and share how peer support works best in different contexts. Our resources can be fully adapted to suit local or specific needs, supporting communities to shape approaches that work for them.





“Just to have people trained up on how to have conversations around suicide is massive...there’s loads of small communities, farming backgrounds, fishing backgrounds, where it’s still heavily stigmatised, religious communities where it’s a sin to talk about it, so having people in communities that are able to have those conversations is a big one for us.”

Resource co-design participant



- Influencing systems and policy** – We’ll continue embedding peer support in local suicide prevention plans, national strategies and funding frameworks to ensure lived experience has a meaningful voice in decision-making. Feedback and evaluation show we need to create spaces for engaging national decision-makers who don’t yet see peer support as relevant, whilst exploring strategic opportunities to influence policy and service design. Building on successes like the Ministerial visit, the project will keep championing peer support.
 - Myth busting** – Time and again, we’ve encountered misconceptions about peer support. The main one is that peer support is too risky for suicide prevention. Creating Hope with Peer Support will keep challenging these ideas by demonstrating that peer-led approaches are safe, effective and vital for preventing suicide.
 - Sustaining networks** – We’re building on successful learning and networking events to maintain strong connections between peer supporters, services and community organisations. This means ensuring future events include space for collaborating with local Suicide Prevention Leads whilst we continue bringing together knowledge and experience across communities.
- The strength of Creating Hope with Peer Support lies in its values-based, collaborative approach. By keeping lived and living experience at the centre, the project will help peer support thrive, ensuring it’s seen, understood and valued as a crucial part of suicide prevention across Scotland.

Be part of the next chapter

For peer workers and community leaders

Your voice matters. Your experience saves lives. Join our growing network of changemakers reshaping suicide prevention across Scotland. Whether you're just starting your peer support journey or you're a seasoned advocate, there's a place for you in this work.

For organisations and services

Partner with us to embed peer support at the heart of your work. Together, we can create more inclusive, effective approaches that truly serve communities. The evidence is clear: peer-led approaches work.

For policymakers and funders

Invest in what works. Support community-led solutions that create lasting change. Help us amplify the knowledge and expertise that needs to be heard in decision-making.

Get in touch

If you have any questions or need this information in a different format, please get in touch:

Call us on 0300 323 9956. British Sign Language (BSL) users can contact us directly using **Contact Scotland BSL**

Email us: info@scottishrecovery.net

Check out our website www.PeerRecoveryHub.Net

Sign up to our newsletter at <https://bit.ly/ScotRecoveryNews>

Find us on social media



#CreatingHopeTogether



**Scottish
Recovery**
Network

**Suicide Prevention
Scotland.**