



Catalysts for Change

**Lived experience and peer support driving
mental health transformation in Scotland**

A 10-year strategic plan (2026-2036)

Recovery will thrive in Scotland where people with lived experience are trusted and given the space and conditions they need to lead the communities and services they are a part of. If we choose it, Scotland can make recovery the way our mental health system works, not the alternative to it.

Scottish Recovery Network's approach is grounded in relationships, learning and collaboration. We create the conditions for recovery and peer support to grow by connecting people, places and ideas, and by working in ways that others can adopt and adapt. Guided by our values of compassion, curiosity, collaboration and courage, we model the change we want to see, so that recovery becomes everyone's business.

Together we're building a recovery-focused mental health system for Scotland, powered by lived experience and strengthened by peer support

Strategic outcome 1

Lived experience and peer leaders who influence communities, organisations and systems

Create opportunities for lived experience and peer leaders to grow, connect and influence change across communities, services and systems, helping reimagine leadership in mental health.

Strategic outcome 2

An intentional peer support workforce that thrives across Scotland

Strengthen and scale an intentional peer support workforce by ensuring peer support is integrated into government policy and planning, equipping organisations with practical tools and readiness support and sustaining communities of practice so peer roles thrive across Scotland.

Strategic outcome 3

Collaboration with lived experience and peer support drives innovation and builds momentum for recovery-focused change in mental health

Creating collaborative spaces to design, test and adopt lived experience and peer-led approaches, connecting people, practice and momentum, and showcasing Scotland's innovation nationally and internationally.

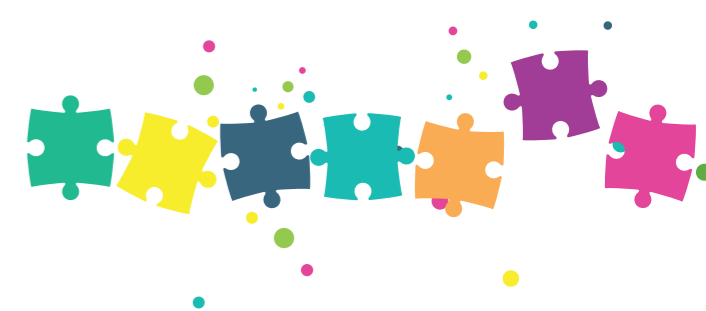
Strategic outcome 4

A skilled and adaptive organisation that anticipates change

Enable the organisation to anticipate change and adapt quickly through simple ways of working, focused skill development and strong partnerships, while remaining accountable to our partners, networks and stakeholders.



You can access the full version of our 10-year strategy on our website www.scottishrecovery.net or by scanning this QR code.



A vision for 2036



It's 2036, a wide range of factors affect mental health and wellbeing: societal factors as well as personal and life experiences. The impacts of health inequalities are acknowledged, with services working alongside different communities to co-design appropriate, culturally sensitive supports. This has led to changes in our mental health system with people being able to access appropriate, compassionate support when needed and not only on the basis of diagnosis.

Change starts in community. Lived experience and peer support have grown, share their impacts and set the pace for innovation in mental health. Peer support approaches are treated equitably and recognised as legitimate, effective mental health support. Not an add on or 'nice to have' but a foundation for mental health and wellbeing and for a health system that works for all.

Community based services are the front door. Peer workers listen to people, validate their experiences and help them navigate their options in a way that makes sense to them, at the time they choose. You get the level of support you need when you need it, with the time, space, and relationships to understand your care and to make informed choices.

As many mental health needs are well met in the community and people supported in their recovery by a skilled peer workforce, unnecessary demand on clinical services eases and they can focus where they add the most value.

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



Email us: info@scottishrecovery.net

Check out our website www.scottishrecovery.net

Find us on social media



#MHRRecovery2036