

Adaptable Outcome Map

What we do	Who with	How they feel	What they learn and gain	What they do differently	What difference this makes
<p>Supporting personal growth, confidence and wellbeing through peer relationships</p> <p>Creating safe, inclusive spaces where peer support can flourish</p> <p>Offering emotional support through active listening, validation, and understanding needs</p> <p>Facilitating open, honest and respectful peer conversations</p> <p>Building community, belonging and mutual learning within peer support networks</p> <p>Amplifying the voice of lived experience to influence systems and enact change</p>	<p>People with lived experience</p> <p>Peer support workers</p> <p>People experiencing mental health challenges, their families, carers, and local communities</p> <p>Health services, including NHS and emergency responders</p> <p>Charities, funders, local authorities, housing and third sector organisations</p> <p>Education providers, researchers, activists and media</p> <p>Policy makers and planners connected to peer support</p>	<p>Recognised and valued for their lived experience and contributions</p> <p>Heard and understood by others who truly relate</p> <p>Safe, connected and included within peer-led spaces</p> <p>Hopeful and motivated about recovery and the future</p> <p>Less isolated and stigmatised through shared experience</p> <p>Confident in their role and the vital importance of peer support</p> <p>Empowered and connected to the wider community</p>	<p>New perspectives and appreciation for peer support and lived experience</p> <p>Greater awareness of their own strengths and potential</p> <p>Confidence to build meaningful peer relationships</p> <p>Hope, purpose and a sense of belonging</p> <p>Skills to support others through peer work</p> <p>Better knowledge of peer support, community resources and systems</p> <p>Increased self-worth and compassion for themselves and others</p>	<p>Have more control and confidence over their own wellbeing and personal growth</p> <p>Try new ways to connect, support, and collaborate with others</p> <p>Use their lived experience and skills to shape decisions and services</p> <p>Speak openly about the importance and impact of peer support</p> <p>Step into leadership, advocacy, and co-production roles</p> <p>Build stronger connections across communities and organisations</p> <p>Less reliance on statutory services as people are empowered and linked in with others</p>	<p>Individuals gain confidence, wellbeing and a stronger sense of identity through peer support</p> <p>People feel valued and empowered in peer support roles and relationships</p> <p>Fewer people reach crisis point due to increased connection and support</p> <p>Peer support shapes community decisions, building trust and collaboration</p> <p>Systems become more person-centred by embedding peer support approaches</p> <p>A strong, supported peer support workforce strengthens impact across Scotland</p>

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