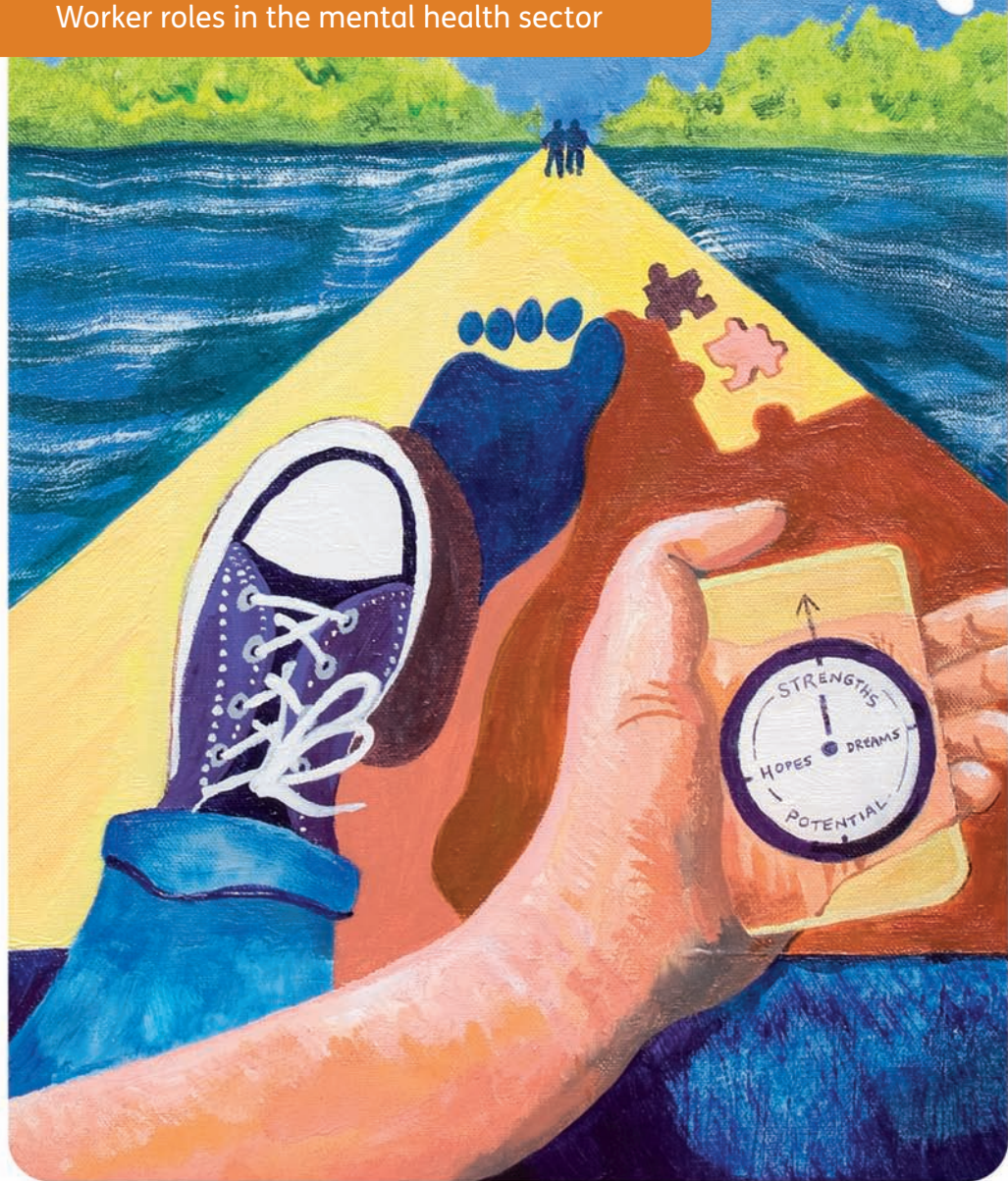


Experts by Experience

Guidelines to support the development of Peer Worker roles in the mental health sector



Experts by Experience

“I think in a sense it’s been very positive for my recovery, having meaning and purpose, but also being able to use my experience. It’s been quite liberating to use it in a positive way and to give people hope and encouragement.”

For many years people who experience mental health problems have described the importance of support from others who have had similar experiences. They have described how it brings something different to what is found in professional support relationships. Peer support exists in different forms in mental health settings from the informal sharing of experiences and knowledge between people using services to self help and mutual support groups. What is though new is the creation of specific peer worker roles.

Peer workers are people who have personal experience of mental health problems who are trained and employed to offer support to others. This involves:

- ✦ Developing mutually empowering relationships.
- ✦ Sharing personal experiences of recovery in a way that inspires hope.
- ✦ Offering help and support as an equal.

If you would like to learn more about peer support or to access the ‘Experts by Experience’ guidelines, that have been developed to support the development of peer worker roles, visit www.scottishrecovery.net or contact:

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