

Press release – 14 October 2020

## Building back better needs more investment in mental health peer support

To mark Global Peer Support Celebration Day (15 October) the Scottish Recovery Network calls for lived experience and peer support to be at the heart of future mental health support in Scotland.

The launch of the Build back better report and animation adds to existing evidence that peer support has a critical role to play in mental health and wellbeing. Developed from a series of online conversation cafés, the report draws on the experiences of people, particularly those living with mental health challenges, as they navigate Covid-19.

Peer support is generally understood to be a relationship of mutual support where people with similar life experiences offer each other support, particularly as they move through challenging or difficult experiences. One of the key findings from the report is that peer support has been at the heart of how people are staying well and connected during this challenging time.

Across Scotland groups and organisations are developing peer opportunities whether formal, informal, remote or where possible face-to-face that are breaking away from traditional one-to-one support in formal services.

**Louise Christie, Acting Director, Scottish Recovery Network commented:**

“Peer support is not new but much of the involvement of lived experience and investment in peer support is fragile and can be seen to be marginal. It needs much more funding and recognition.

The Build back better report cements the power of peer support to really help people. It offers an insight into how peer approaches could provide new and better ways for people to access mental health support when they need it and where they need it

Lived experience and peer support needs to move into the heart or mainstream of our mental health and wellbeing support system.”

[Read the Build back better report](#)

[Watch the animation](#)

BSL versions of the report and animation available.

### Press enquiries

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