

What is peer support?

Peer support means support from someone **who understands your situation.**

It is based on:

- shared experience
- listening
- understanding
- mutual support

You do not have to face everything alone.



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Peer support versus professional support

Peer support

- shared experience
- emotional support
- everyday advice

Both can help

Professional support

- expert knowledge
- treatment
- formal help

Who supports me?

Think about:

- Who understands what I am going through?
- Who can I talk to honestly?

PEER SUPPORT OR PROFESSIONAL SUPPORT?

LET'S THINK TOGETHER: WHO IS HELPING HERE?

A friend with similar health issues listens to me.

My nurse explains my medication.

Another care recipient tells me what helped them.

My doctor changes my treatment.

Reflection:

When is peer support helpful?

When do I need professional help?

My support circle

Who can support me emotionally?

Who understands my daily challenges?

Who can help with practical things?

Who could I reach out to more often?

One word

“Peer support feels like...”