Peer Support Options

Within the context of the mental health system, peer support means getting support from and giving support to others who have experienced mental health symptoms, have been diagnosed with a mental health condition, have received mental health services, or have similar “lived experience” with the aim of connection, healing, and mutual growth. There’s a lot of different options for getting peer support! You can use this worksheet to keep track of the options you want to try.

support	who offers it	where it is offered	next steps	notes