

# Endorsing the Charter of Peer Support

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## Peer support provides each person with:

- 1. Opportunities to benefit from collective wisdom, providing:**
  - access to accumulated knowledge, from multiple perspectives.
  - new insights, widening the basis of understanding of their mental health issue, and building meaning in their life.
  - an unmatched source of support and inspiration and empowerment, reducing the burden of living with a mental health issue.
  - self-respect, knowing that their collective wisdom is valued.
- 2. Opportunities to understand and destigmatise mental health issues, enabling them to:**
  - have the freedom to be themselves without fear of rejection, ridicule or humiliation.
  - gain an understanding that their lived experience is accepted and valued
- 3. A renewed sense of self-respect, understanding and belonging through being part of a circle of a caring community, providing:**
  - knowledge that they are NOT isolated.
  - strength gained from realising that they are an important part of both a group and the community.
  - opportunities to make authentic connections that increase well-being socially, mentally, physically and spiritually.
  - means to alleviate stress and improve well-being for carers.
- 4. Opportunities for people to re-discover and activate their own personal, hidden resources, enabling them to:**
  - share their life challenges with those who understand.
  - grow in confidence and be encouraged to share and explore their issues in increasing breadth and depth.
  - believe that they can and do have control over their own life, well-being and happiness
  - take on responsibility for their own journey towards recovery and health.
  - gain and share knowledge of skills, treatment pathways and tools that have proven useful.
  - be strengthened, and take that strength out into the community.
- 5. Opportunities to receive hope, inspiration and empowerment for recovery, providing:**
  - proof that recovery is possible, gained from hearing the recovery stories of others.
  - encouragement from others.
  - an understanding that recovery and health is a lifelong journey.
- 6. Opportunities to give help to others, as equal-to-equal, through:**
  - sharing their own story.
  - encouraging listening, as well as being listened to.
  - offering support to others from their lived experience.
  - experiencing the personal strength and healing which comes from helping others and making a contribution to the greater good of the community.
- 7. A unique pathway to help which is:**
  - non-threatening.
  - affordable to all (low cost approach).
  - either complementary to existing clinical services or stand-alone.
  - open to freedom of participation, when and where required, without waiting lists or limitations on number of visits.
  - We endorse the principles of the Charter and will work towards shaping our support and services to match its aims and values.

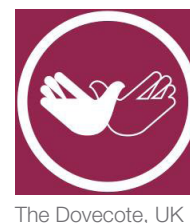
This Charter was developed with the resources and assistance of the following project partners:



It is also endorsed by:



International:



Please note that an endorsement of the Charter does not constitute an endorsement of the services by the project partners.

If your organisation would like to endorse this Charter and add your logo, please contact [www.peersupportvic.org](http://www.peersupportvic.org)