

PEER SUPPORT

Our Code of Conduct as Peer Supporters

- We encourage the ones we support to find solutions for themselves – helping yourself always feels more positive in the end!
- We have an open and flexible conversation focussing on the peer
- We use good communication to be trustworthy and share common experiences so the peer knows we understand
- Peer Support is meant to be short term, not a lasting relationship and we encourage the peer to decide when they are ready to stop
- We respect professional boundaries when talking to others
- We maintain personal boundaries – if a friend needs peer support it may be necessary to refer to another Peer Support Team member
- We know our limits and ask for help if we need it
- We continue to gain supervision and education, and continue to improve our skills over time
- We signpost to professional services if needed
- We look after our own health and wellbeing, and take a step back when we are struggling ourselves

