

Peer Based Approaches

Peer based approaches are those that involve people with lived experience of mental health problems in the design, development, delivery and evaluation of mental health services.

Peer based approaches are those that involve people with lived experience of mental health problems in the design, development, delivery and evaluation of mental health services.

Peer based approaches — are those that involve people with lived experience of mental health problems in the design, development, delivery and evaluation of mental health services.

What is peer support?

Peer support is:

... a process where people with lived experience of mental health problems help each other.

Peer support is when people use their own experiences to help each other.



Peer support is when people use their own experiences to help each other.

Peer support is when people use their own experiences to help each other.

Peer support is when people use their own experiences to help each other.

Peer support is when people use their own experiences to help each other.

Core principles

Peer support is when people use their own experiences to help each other.

Peer support is when people use their own experiences to help each other.

Peer support is when people use their own experiences to help each other.

Recovery Focused and Non-directive

Recovery Focused and Non-directive

Recovery Focused and Non-directive

Recovery Focused and Non-directive

A Recovery Focused and Non-directive

Recovery Focused and Non-directive

Recovery Focused and Non-directive

Recovery Focused and Non-directive

Recovery Focused and Non-directive

Recovery Focused and Non-directive

Recovery Focused and Non-directive

Recovery Focused and Non-directive

Strengths-based

Strengths-based approaches focus on identifying and building on the existing strengths and capabilities of individuals and communities, rather than focusing on deficits or weaknesses.

Strengths-based approaches focus on identifying and building on the existing strengths and capabilities of individuals and communities, rather than focusing on deficits or weaknesses.

Strengths-based approaches focus on identifying and building on the existing strengths and capabilities of individuals and communities, rather than focusing on deficits or weaknesses.

Strengths-based approaches focus on identifying and building on the existing strengths and capabilities of individuals and communities, rather than focusing on deficits or weaknesses.

Inclusive

Inclusive approaches ensure that all individuals and communities are represented and have a voice in the decision-making process.

Inclusive approaches ensure that all individuals and communities are represented and have a voice in the decision-making process.

Inclusive approaches ensure that all individuals and communities are represented and have a voice in the decision-making process.

Inclusive approaches ensure that all individuals and communities are represented and have a voice in the decision-making process.

Inclusive approaches ensure that all individuals and communities are represented and have a voice in the decision-making process.

Progressive

Progressive
writing style
uses parallel
phrases

Progressive writing style uses parallel phrases. For example, "The committee will review the proposal, discuss the options, and make a decision." The phrases "review the proposal," "discuss the options," and "make a decision" are all parallel phrases.

Progressive writing style uses parallel phrases. For example, "The committee will review the proposal, discuss the options, and make a decision." The phrases "review the proposal," "discuss the options," and "make a decision" are all parallel phrases.

Active

Active writing style uses active verbs. For example, "The committee will review the proposal, discuss the options, and make a decision." The phrases "review the proposal," "discuss the options," and "make a decision" are all active verbs.

Active writing style uses active verbs. For example, "The committee will review the proposal, discuss the options, and make a decision." The phrases "review the proposal," "discuss the options," and "make a decision" are all active verbs.

Active (A)

Active writing style uses active verbs. For example, "The committee will review the proposal, discuss the options, and make a decision." The phrases "review the proposal," "discuss the options," and "make a decision" are all active verbs.

Safe

Safe writing style
uses passive verbs
and indirect
phrases

Safe writing style uses passive verbs and indirect phrases. For example, "The proposal will be reviewed by the committee, and the options will be discussed." The phrases "will be reviewed" and "will be discussed" are passive verbs, and "by the committee" and "by the committee" are indirect phrases.

Safe writing style uses passive verbs and indirect phrases. For example, "The proposal will be reviewed by the committee, and the options will be discussed." The phrases "will be reviewed" and "will be discussed" are passive verbs, and "by the committee" and "by the committee" are indirect phrases.

Safe writing style uses passive verbs and indirect phrases. For example, "The proposal will be reviewed by the committee, and the options will be discussed." The phrases "will be reviewed" and "will be discussed" are passive verbs, and "by the committee" and "by the committee" are indirect phrases.