

Peer Support Guidelines

- Participation is voluntary and consensual - participants can choose to engage in whatever way they feel comfortable - over microphone, over chat, or just by listening.
- Everything shared is confidential - we agree to not share what has been disclosed by others outside of this group.
- We will be nonjudgmental with one another - being nonjudgmental means holding others in unconditional positive regard, with an open mind, a compassionate heart and full acceptance of each person as a unique individual.
- We respect each other's boundaries, and create a space where uplifting them is welcomed.
- We provide mutual support for each other, with all members equally sharing power.
- We recognize that each of us has things to teach and learn, embracing our different life experiences. Each of us brings our own expertise to the conversation.
- We respect a wide variety of choices and perspectives and, even when we disagree, we don't judge, invalidate or shame others.
- We call folks in and out when necessary, and own our impact when we cause harm. We avoid using ableist language.

Guidelines adapted from National Practice guidelines for peer supporters:

https://www.peersupportworks.org/wp-content/uploads/2021/02/nationalguidelines_updated.pdf

Peer Support Space Org: <https://docs.google.com/document/d/1dwikDUD1Xwg2SGp8Dhukl-CThK12lhT891X-esbLec/edit>

N. Oumou's Radical Mental Health First Aide trainings: <https://www.connectwithoumou.com/>