



DECONSTRUCTING PEER SUPPORT

When it is peer support

Empowerment

Lived experience

Person-centred social and
emotional support

Recovery-based dialogue
(share when appropriate)

Resource Navigation /
Coordination

Able to focus on the peer

Empathy

Perspective of everyone's
recovery journey is different

When it isn't peer support

Advocacy

Imagining what it
must be like

Illness-centred therapy

Oversharing

Taking action on behalf
of the peer

Working through my own stuff

Sympathy

Perspective of everyone
recovers the same way I do

