

## WHAT IS PEER SUPPORT?

IT IS AN INTERVENTION MODEL IN WHICH PEOPLE WITH LIVED EXPERIENCE IN A SPECIFIC MATTER OR AREA HELP EACH OTHER.



## WHAT ARE THE PURPOSES OF PEER SUPPORT?

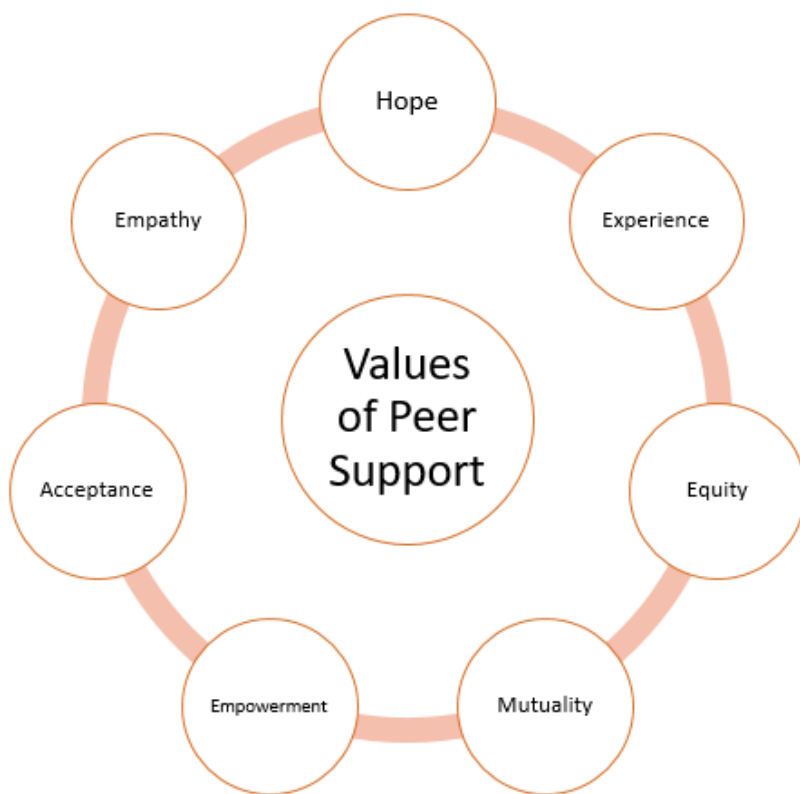
Sharing your story and experiences to help the peer navigate his way out of difficult circumstances.

Accompany the peer in the process of finding his own answers

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## What can you do?

- Share information, challenge, encourage each other.
- Talk to someone as a way to be heard.
- Establish a connection based on mutual understanding, respect and sharing.
- Talk about your experiences and what has worked for you.



## Multiple disadvantages

Homelessness may not be the only problem a person faces. Homeless people often struggle with mental health issues, substance dependence, poor physical health, emotional, physical or sexual abuse, community isolation. Knowing about the other difficulties is essential to understand the context and to provide effective and appropriate help.

The first Unit will help you to understand these and more premises of peer support. You will learn what peer support is, what its aims are and what values it is based on. You will become familiar with the basic terms.

## Are you ready to start?

