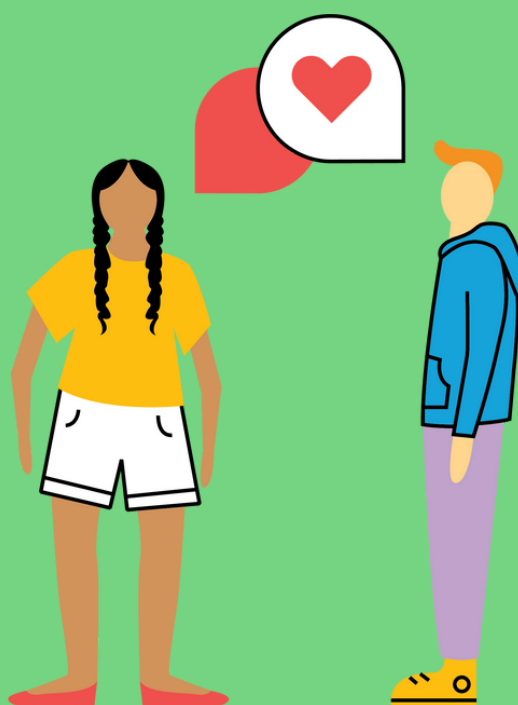


WHAT IS PEER SUPPORT?



Peer support is "a **supportive relationship between people who have a lived experience in common.**"

The goal of this work is to provide **emotional support, acceptance, validation and empathy regardless of the circumstances.**



The focus is to ensure the **person feels supported- peer support workers ensure that people are not isolated.** Shame and secrecy often prevent people from seeking treatment they need

The flexibility of peer support work can also **complement other treatments and support services.** Peer support workers can help people **understand the services and treatments available to them,** and help them advocate for themselves, their friends and family.



**youth
wellness
hubs**
ONTARIO

**carrefours
bien-être
pour les jeunes**
DE L'ONTARIO