



CORE COMPETENCIES OF PEER SUPPORT



1

Peer support is voluntary

Peer supporters facilitate change

7

2

Peer supporters are hopeful

Peer supporters are honest and direct

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3

Peer supporters are open-minded

Peer support is mutual and reciprocal

9

4

Peer supporters are empathetic

Peer support is equally shared power

10

5

Peer supporters are respectful

Peer support is strengths-focused

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6

Peer support is transparent

Peer support is person-driven

12