

# Considerations



Many people find that peer support helps them to feel more in control of how they manage their mental health. Before becoming a Peer Leader, read the following to decide if this is the role for you.

- **Am I comfortable talking about my experiences to new people?** Talking about your experiences and feelings can make you feel more aware of your thoughts and emotions. Lots of people take a couple of sessions to start sharing their experiences freely.
- **Do I want to focus on talking about my experiences, or take part in an activity?** You may want to take part in activities like music, art or gardening to get to know people, or you may prefer to just talk with others in a support group setting. If you're not sure what's right for you, you can explore different options before you commit to anything.
- **Am I comfortable hearing about others' experiences?** Listening to others' experiences is a big part of peer support. This can help you feel less alone or introduce you to new coping strategies but there may be also be times when other people's experiences may be unhelpful or triggering for you.
- **Do I need more personal support?** You may decide that sometimes you would prefer to talk to a therapist or professional, rather than a peer.
- **Am I well enough?** If you need more regular or crisis support, peer support might not be right for you at the moment. If a support group sounds like it might be too intense, something less formal like gardening or sport might be a suitable option.
- **Is it the right time?** You might decide that peer leadership isn't what you need at the moment. Many people dip in and out of peer support at different times.

