

WHAT

IS A SUPPORT GROUP?

A support group is a gathering of people, physically or online, to share information, experiences, problems and solutions, often relating to health or social issues. Support groups allow you to interact and connect with people who have been in a similar situation to you. Sharing information about similar experiences can help you understand more about your own situation and help you to feel 'heard'.

PEER SUPPORT [WITHIN A GROUP SETTING]...

is based on the belief that people who have faced, endured and overcome adversity can offer useful support, encouragement, hope and perhaps mentorship to others facing similar situations.



PEER SUPPORT IS...

generally understood to be a relationship of mutual support where people with similar life experiences offer each other support, especially as they move through difficult or challenging experiences

PEER SUPPORT IS...

where individuals who have lived experience of life issues ... provide support to others who are dealing with similar issues. By listening empathetically, sharing their experiences and offering suggestions based on that experience, people with lived experience of these issues are uniquely able to support others.



FEATURES OF A SUPPORT GROUP

- Members share a common issue and/or condition
- Group is managed and maintained by members
- Members mutually support one another
- Professional supervision isn't required (but can be supported by a service or professional).
- No fee for services (there could be membership fees)

SOURCE:

World Health Organization. (2019). Peer support groups by and for people with lived experience: WHO QualityRights guidance module: module slides. World Health Organization. <https://apps.who.int/iris/handle/10665/329644>. License: CC BY-NC-SA 3.0 IGO