



Family, Youth, and Adult Peer Support Differentiated

Peers have <u>lived experience:</u>

The way in which each person experiences and understands their life and the world from their own unique perspective. Lived experience includes the **knowledge** gained from these experiences and choices. Self-disclosure or sharing of life experience can help others experiencing the same challenges and offers knowledge and understanding to people who have only heard or read about such experiences.

This often refers to having personal experience living with mental health and/or substance use challenges, or personal experience as a parent, family member, or primary caregiver of a child—across the lifespan—or other family member with mental health, and/or substance use challenges.



Family peers have personal experience as a parent, family member, or primary caregiver of a child—across the lifespan—or other family member with mental health, and/or substance use challenges.



Youth peers have personal experience living with mental health and/or substance use challenges while considered a youth.



Distinction in Family,

Adult peers have personal experience living with mental health and/or substance use challenges.

Distinction in Family, Youth, and Adult Peer Support



Family peer support work involves a family member who has parented or been a primary caregiver to a loved one with mental health and/or substance use challenges supporting another family member to improve personal and family well-being and navigate systems.



Youth peer support work involves a young person with lived experience supporting another young person with mental health and/or substance use challenges to improve personal well-being and navigate systems.



Adult peer support work involves an adult with lived experience supporting another adult with mental health and/or substance use challenges to improve personal well-being and navigate systems.



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