

Peer Support FAQ

What is peer support?

- Peer support is based on the belief that those who have experienced challenges can provide, **support**, **encouragement**, **hope**, and **mentorship** to others facing similar situations
 - Peer support workers use their **lived experience** and **professional training** to support you without judgment, build connections through shared experiences, and help you navigate services/resources
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What peer support services are offered?

- **One-on-one services**: connect one-on-one with a youth peer support worker or family peer support worker about what's going on or for support with service navigation
 - **Groups**: sign up for peer-led support groups, wellness groups, social groups, and/or workshops for both youth and caregivers
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Who can access peer support services?

- **Youth peer support** is available for any youth in BC between the ages of 12 – 24
 - **Family/caregiver peer support** is available for any caregivers of young people in BC
 - Caregivers can access peer support even if their youth don't use Foundry services
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What is the difference between peer support and other health services?

- The primary goal of peer support is **emotional support** and **creating a sense of belonging** through shared experience and empathy between the peer support worker and client
- Peer support is **informal** and **non-clinical**
 - connections between peer support workers and clients are on a **peer-to-peer basis**; different than many other health services where providers have all the authority and expertise
 - **You are the expert in your own life**