**I want to train as a peer supporter…**

Thanks very much for your interest. For those of you who wish to train as a peer supporter please consider what good peer support looks like (outlined below) and whether you are able to offer it.

As a peer supporter:

* I choose to offer my time, without pressure, obligation or reward
* I observe confidentiality with regard to everything I hear in a support session
* I can listen well, without distraction and without interruption
* I can step away from my own opinions and not offer judgement
* I don’t try and mend, solve or offer solutions to someone else’s situation
* I feel sufficiently ok in myself to offer this time and support to someone else
* I can be with someone while they are vulnerable and understand I may need to seek support for myself afterwards
* I can be sensitive to other’s needs and help them explore what, if anything, they require in the way of further support
* I understand the limits of my role as a peer supporter and am aware of signposting to other relevant services