

## **5 CORE PRINCIPLES OF PEER SUPPORT**

Peer Support for Children and Young People's Mental Health and Emotional Wellbeing

## WORK WHERE YOUNG PEOPLE ARE AT

RIGHT PEOPLE

BE CREATIVE IN HOW YOU ENGAGE YOUNG PEOPLE

THINK CAREFULLY ABOUT MENTOR AND MENTEE RECRUITMENT

**BUILD TRUST TO CREATE SPACE FOR CHANGE** 

COLLABORATE, CO-DESIGN, AND CO-PRODUCE WITH YOUNG PEOPLE

ENSURE MENTORS ARE ADEQUATELY TRAINED AND SUPERVISED

BE SAFE AND 5

ENCOURAGE YOUNG PEOPLE'S OWNERSHIP

FOCUS ON RELATIONSHIPS