

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