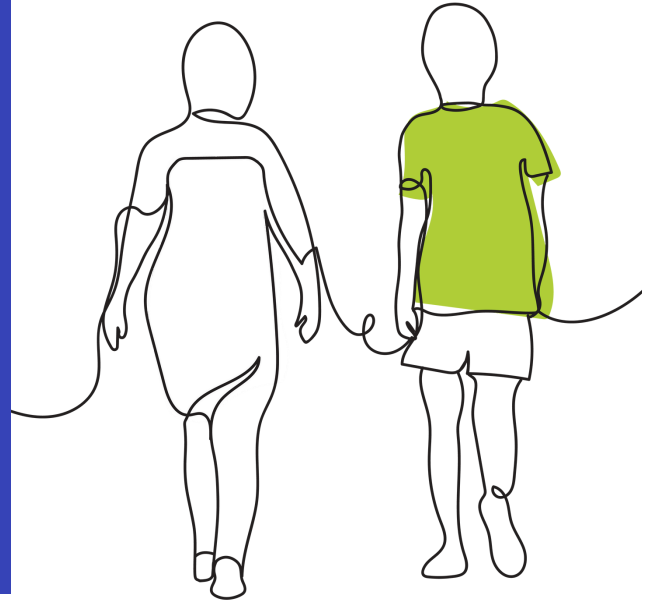




CORE VALUES OF PEER SUPPORT

What are the Core Values of Peer Support?

These core values are designed to embody the main pillars of peer support. Alignment with these values is one of the required standards of practice for peer support certification with Peer Support Canada. These values were developed by Peer Support Canada in collaboration with peer support leaders from across the country. They align with the MHCC Guidelines for the Practice and Training of Peer Support.



Hope and Recovery

Acknowledging the power of hope and the positive impact that comes from a recovery approach

Self-Determination

Having faith that each person intrinsically knows which path towards recovery is most suitable for them and their needs, noting that it is the peer's choice whether to become involved in a peer support relationship

Dignity, Respect and Social Inclusion

Acknowledging the intrinsic worth of all individuals, whatever their background, preferences or situation

Empathetic and Equal Relationships

Noting that the peer support relationship and all involved can benefit from the reciprocity and better understanding that comes from a similar lived experience

Integrity, Authenticity and Trust

Noting that confidentiality, reliability and ethical behaviour are honoured in each and every interaction

Lifelong Learning and Personal Growth

Acknowledging the value of learning, changing and developing new perspectives for all individuals

To learn more about the standards of practice for peer support, see Required Competencies of Peer Support, Peer Support Canada Certification Handbook, and the Peer Support Canada Knowledge Matrix.

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