

Family, Youth, and Adult Peer Support Differentiated

Peers have lived experience:

The way in which each person experiences and understands their life and the world from their own unique perspective. Lived experience includes the **knowledge gained from these experiences and choices**. Self-disclosure or sharing of life experience can **help others experiencing the same challenges** and offers knowledge and understanding to people who have only heard or read about such experiences.

This often refers to having **personal experience living with mental health and/or substance use challenges, or personal experience as a parent, family member, or primary caregiver of a child**—across the lifespan—or other family member with mental health, and/or substance use challenges.



Family peers have **personal experience as a parent, family member, or primary caregiver** of a child—across the lifespan—or other family member with mental health, and/or substance use challenges.



Youth peers have **personal experience** living with mental health and/or substance use challenges while considered a **youth**.



Adult peers have **personal experience** living with mental health and/or substance use challenges.

Distinction in Family, Youth, and Adult Lived Experience

Distinction in Family, Youth, and Adult Peer Support



Family peer support work involves a family member who has parented or been a primary caregiver to a loved one with mental health and/or substance use challenges **supporting another family member** to improve personal and family well-being and navigate systems.



Youth peer support work involves a young person with lived experience **supporting another young person** with mental health and/or substance use challenges to improve personal well-being and navigate systems.



Adult peer support work involves an adult with lived experience **supporting another adult** with mental health and/or substance use challenges to improve personal well-being and navigate systems.