



10

**KEY INSIGHTS
TO IMPROVE
PEER SUPPORT
IN MENTAL
HEALTH**



1 UNDERFUNDING LIMITS CAREER PROGRESSION

💡 Peer support needs career pathways.

Andy Bell & Mel Ball highlighted that underfunding and lack of progression risk making peer support unresponsive to communities. The NHS Long Term Plan was a step forward, but more is needed.



2 EQUAL SUPERVISION FOR PEERS & CLINICIANS

 Bridging lived experience & clinical practice.

Sharif Mussa argued for equal supervision and training for peer workers and clinicians – recognising rather than “othering” lived experience.



3

VALUE PEER VOICES AT EVERY LEVEL

 Give peer supporters a seat at the table.

Lizzie Mitchell warned that without valuing their voices, we risk burnout and moral injury in peer workers.



4 PEER SUPPORT AIDS RECOVERY, INC. PERINATAL

 What does the research say?

Bryn Lloyd-Evans highlighted evidence that peer support helps recovery. But more research is needed on the best models and roles.



5 NOT ONE THING – RCTS NOT ALWAYS APPROPRIATE

 Peer support isn't a single intervention.

Fiona Lobban explained why different study designs (not just RCTs) are needed to capture its many forms and impacts.



6 LIVED EXPERIENCE BRINGS HOPE & EMPATHY

 The unique contribution of peer support.

Karen Machin & Lizzie Mitchell: lived experience brings hope, empathy, and rapport — best delivered with flexibility, not rigid frameworks.



7 CORE VALUES: MUTUALITY, RECOVERY, STRENGTHS

☀️ Peer support values.

Julie Repper reminded us that mutuality, recovery focus, strengths-based practice and community are at the heart of peer support.



8 DIGITAL PEER GROUPS BUILD COMMUNITY

 How does digital fit in?

Karen Machin: online peer groups build community, provide anonymity, and connect people who may otherwise feel isolated.



9 RECLAIM PEER SUPPORT: RADICAL & GRASSROOTS

 Peer support must be radical & grassroots.

Isaac Samuels called for people with lived experience to reclaim peer support — keeping it accessible and rooted in communities.



10 CULTURE CHANGE TO RECOVERY- ORIENTED SERVICES

 Peer support can shift cultures.

Ruth Cooper & Natasha Lyons: peer support has potential to rebalance inequities and power in services, supporting recovery-oriented systems.



Watch the videos

**for more key
insights to
improve peer
support in
mental health**



[elfi.sh/peer-support-
mental-health](http://elfi.sh/peer-support-mental-health)