

Peer Support Space Mutual Agreement



Peer services are individualized and look different depending on the individuals present, members and supporters. The following is a mutual agreement between Peer Support Space Members and Peer Supporters. You and your Peer Supporter may have additional things you would like to add - that's great! We encourage communicating what your wants, needs, and boundaries are and want to learn how YOU want to be supported.

What Peer Support Is:

- Voluntary
- Confidential*
- Consensual.
 - Peer supporters engage in a way that centers the consent and boundaries of the person being supported.
 - Those being supported respect the ways or topics a peer supporter is comfortable holding support for.
- Autonomous, the person being supported is the driver of their choices. There's no "one size fits all approach", advice is only given where asked for and from a place of "I".
- Mutual, the peer supporter and the person being supported are equal; the peer supporter strives to deconstruct any inherent power hierarchies.

What Peer Support Is Not:

- 24/7 support, we are only available during planned sessions. Other communication may take time to respond to.
- We are not clinicians, therapists, or case managers. We will not "treat" you, "fix" you, analyze you, or diagnose you.
 - This is unique and not a replacement for other services.
- Carceral - we seek to avoid things that may take away somebody's autonomy.
- A dating service or space for romantic/sexual advances.

By using this resource, both my Peer Supporter and I agree that in this space we:

- Can decide we are not the right fit for each other, no reason is needed to be stated.
- Are not coercive, forceful, and do not engage in ways that violate consent.
- Respect boundaries, and create a space where uplifting them is welcomed.
- Own our impact when we cause harm.
- Do not tolerate bigotry, intentional or not.
 - Bigotry can include things such as sexism, racism, transphobia, classism, ableism, and more.

*We emphasize confidentiality but in instances of harm **towards our supporters**, depending on the level of harm, a Peer Supporter may breach confidentiality if it is affecting their physical or emotional safety. (ex: sharing what happened with Peer Support Space leadership).

Feedback/grievances may be given anonymously or with contact information [here](#) at any time.