



# Peer Support

## course scope

- In-depth understanding of the role of peer support in recovery
- Active listening skills
- Practicalities of hosting peer support groups
- Supporting recovery in the form of connectedness, hope, identity, meaning and purpose
- Confidentiality, sign posting and safeguarding

## Course Format

1 day in person course, either single course or we also offer this course split into 2 modules

## who is this course for?

Aimed at existing workplace Mental Health Champions or Mental Health first aiders.

- Employees
- Managers
- Social and Community Group Volunteers



Find out more and  
contact us at:

[www.space2talk.co.uk](http://www.space2talk.co.uk)  
or email: [info@space2talk.co.uk](mailto:info@space2talk.co.uk)

All our courses use mixed methods including activity and visual learning to engage participants. The lived experience of our staff is used to provide authenticity, colour and depth to the training.