



**Mental
Health
Council**
OF TASMANIA

www.mhct.org

Mental Health Lived Experience: Youth Peer Support Resources

August 2022

AUTHORISED BY:

Connie Digolis

Chief Executive Officer

cdigolis@mhct.org

03 6224 9222

0418 431 995

Level 1, 131A Collins Street
Hobart TAS 7000

Supported by the Tasmanian
Government through the
Department of Health

Youth Mental Health Peer Support Resources

- [Pillars of Youth Peer Support](#)

Created by the Knowledge Institute on Child and Youth Mental Health and Addictions, Canada, this offers nine short videos. The videos discuss the role of a youth peer support person, how to share your mental health story and how to effectively support a peer during tough times. There is also a supplementary document with reflection questions and activities related to the videos.

- [Orygen](#)

A research, advocacy and education organisation based in Parkville, Victoria, Orygen provides a wide range of resources for youth peer support. Orygen offers a free, online [training module](#), [videos](#), [fact sheets](#), an [implementation toolkit](#) and [information for youth peer workers in clinical settings](#).

- **YOUTH MOVE**

Youth Move provides a series of animated videos introducing the concept of [youth peer support](#), [how it is provided at Youth Move](#), and [how to support youth peer support workers](#). Their website also offers written resources on the value of [youth peer support workers](#).

- **Health Voices – “[The value of a lived experience workforce](#)”**

A compelling story from peer worker Rebecca Langman, where she writes of the importance of peer work for young Australians. Rebecca details the stigma that she experienced in her youth as she transitioned into university and how she would have benefited from the youth peer work that she is now providing.

- **Mental Illness Fellowship of Western Australia (MIFWA) – “[My life was like a dead end, but then I found the best peer worker](#)”**

Claudio shares their experience of being a part of the MIFWA Early Intervention Recovery Program about receiving the support of a peer support worker. Claudio talks about the unique relationship between peers and how this helped them to progress from acute care to a community youth program.

Evidentiary basis

There is a growing body of evidence from Australia and across the world recognizing the value and effectiveness of creating tailored youth peer support programs for young people experiencing mental ill-health. These studies have explored youth peer support work in a variety of different contexts and using varied delivery methods.

- Barton, J and Henderson, J (2016) Peer Support and Youth Recovery: A Brief Review of the Theoretical Underpinnings and Evidence. *Canadian Journal of Family and Youth*, 8(1) <https://doi.org/10.29173/cjfy27140>
- Halsall et al (2021), Exploring Peer Support Services for Youth Experiencing Multiple Health and Social Challenges in Canada: A Hybrid Realist-Participatory Evaluation Model, *International Journal of Qualitative Methods* 20 (1–13) <https://doi.org/10.1177/1609406921995680>
- King, A. and Bender Simmons, M. (2022) “The Best of Both Worlds”: Experiences of young people attending groups co-facilitated by peer workers and clinicians in a youth mental health service. *Early Intervention in Psychiatry*, 1(11) <https://doi.org/10.1111/eip.13293>
- Orygen, *What is the Evidence for Peer Support in Youth Mental Health?* Available: <https://www.orygen.org.au/Training/Resources/Peer-work/Evidence-summary/What-is-the-evidence-for-peer-support-in-youth-men>
- Peck et al, (2020) Development of a Lived Experience- Based Digital Resource for a Digitally Assisted Peer Support Program for Young People Experiencing Psychosis. *Frontiers in Psychiatry*, 11(635) <https://doi.org/10.3389/fpsy.2020.00635>
- Simmons, M.B., Grace, D., Fava, N.J. et al (2020) The Experiences of Youth Mental Health Peer Workers over Time: A Qualitative Study with Longitudinal Analysis. *Community Mental Health Journal* 56, 906–914 <https://doi.org/10.1007/s10597-020-00554-2>
- Tisdale, C. et al, (2021) Youth Mental Health Peer Support Work: A Qualitative Study Exploring the Impacts and Challenges of Operating in a Peer Support Role. *Adolescents*, 2021(1) <https://doi.org/10.3390/adolescents1040030>

This is in addition to the existing literature on the Lived Experience Peer Workforce for adults in workplaces. A summary of these studies can be found on the [MHCT website](#).