



**Canadian Mental
Health Association**
Mental health for all

Campus Peer Support Values

Review the main principles of peer support and capture tangible actions you can do to demonstrate the values:

Mutuality: We all have something to learn from each other

Dignity: We believe everyone has value

Self determination: We know what we need

Personal integrity: We value authenticity, respect and ethical behaviour

Trust: We are honest, reliable and accountable

Health, well-being and recovery: We believe in harm reduction and the power of hope

Social inclusion: We believe in connection and belonging

Lifelong learning: We value personal growth