

Scottish Recovery Network submission of 1 November 2022

PE1942/D: Encourage peer support programmes in public sector organisations

Scottish Recovery Network is a small national initiative which promotes recovery in mental health. We work with people, services and organisations to create a mental health system, powered by lived experience which supports people at every stage of their recovery journey. More information about us and our work can be found at www.scottishrecovery.net.

Scottish Recovery Network has a strong track record of promoting and supporting the development of peer support in communities, services and organisations. Our engagement with lived experience and our knowledge of mental health recovery in Scotland and elsewhere highlights the benefits of peer support in people's recovery journey. Our work includes providing a range of resources to support the development of peer support and peer volunteer and worker roles such as [Peer2Peer](#), a free to access, adaptable peer support training resource.

Our main focus has been on working with people with lived experience and practitioners who want to develop peer support in their communities, services and organisations. We have some awareness of TRIM and STRAW and the private sector psychological consultancy company that delivers them but have no experience of these model or products in practice. While we would support the development of peer support approaches in workplaces as a way to support good mental health and wellbeing we cannot comment on the suitability of these particular products.