

# Helping to Heal:

Conversations About Trauma-Informed Principles

## Peer Support

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How much more impactful to my recovery and to my upcycling of a positive recidivism rate of me being able to not only utilize my lived experience to help others, but I was able to receive help by peer support from others with lived experience that were able to help me when I needed it most.”

*Mychal Cook, Advocate*



Peers help others overcome barriers by providing resources and person first, trauma informed language



Peer support allows people to heal and be a support to others



Peers who have lived experience are important to understanding and supporting others



Connecting with peers allows people with lived experience to feel valued and help other people

Peer support and mutual self-help are key vehicles for establishing safety and hope, building trust, enhancing collaboration, and utilizing their stories and lived experience to promote recovery and healing. The term “Peers” refers to individuals with lived experiences of trauma, or in the case of children this may be family members of children who have experienced traumatic events and are key caregivers in their recovery. Peers have also been referred to as “trauma survivors.”

*Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.*

For more information and resources on trauma and trauma informed practices, visit The Link Center website: [thelinkcenter.org](http://thelinkcenter.org)