

* What does good

PERINATAL PEER SUPPORT

look like?

1

SAFE



Foster a culture of TRUST & EMPATHY

2

INCLUSIVE



Take proactive steps to ensure EQUAL ACCESS

3

COMPLEMENTARY



Collaborate with clinical services but be DISTINCT

4

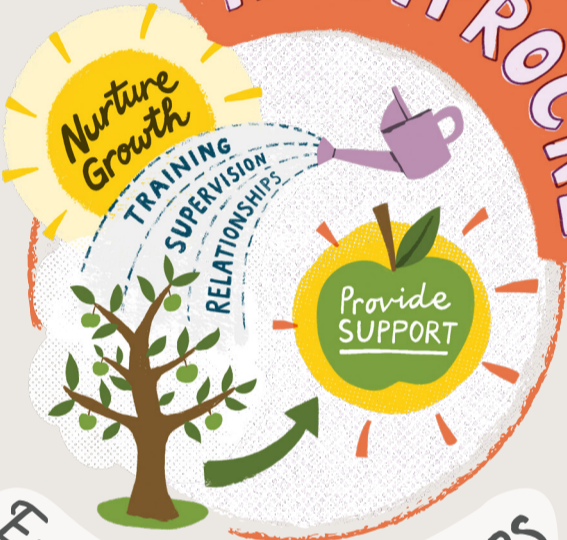
INFORMED



Design & delivery led by people with LIVED EXPERIENCE

5

RECIPROCAL



Enable PEER SUPPORTERS to BENEFIT from their involvement

PRINCIPLES OF PERINATAL PEER SUPPORT

5

Download the principles in full at maternalmentalhealthalliance.org/psp

Principles developed by:



Supported by:

