

## MICROMODULE SYLLABUS

### Importance of peer support groups online

#### Introduction

This module introduces the importance of peer support. Peer support offers a unique and valuable possibility for individuals to connect, share, and grow through their shared experiences and to understand each other's challenges during their journey towards well-being and recovery.

Please read the provided instructions carefully to get the necessary information you need to complete the micromodule.

#### The aim of this learning task is

- to understand the significance and benefits of peer support groups online

#### Task instructions:

Start by reading the materials. After reading the materials write a paper about two (2) pages describing your understanding of the online peer support groups. List the references used at the end of the report. Also mark the references in the text.

Consider questions such as:

- Why is online peer support important?
- Does online peer support work?
- What types of online peer support are available?

Start by reading the pages 1–21 from the report “Peer Support: What Is It and Does It Work?” and “Online peer support Learning summary.” Published by National Voices and Nesta

Link: [peer support - what is it and does it work.pdf \(nationalvoices.org.uk\)](https://nationalvoices.org.uk/peer-support-what-is-it-and-does-it-work.pdf)

Link: [online peer support - learning summary pack - dec 2020 0.pdf \(nationalvoices.org.uk\)](https://nationalvoices.org.uk/online-peer-support-learning-summary-pack-dec-2020-0.pdf)

After reading material, explore an online peer support website “Side by Side”: [Side by Side: our online community - Mind](#)

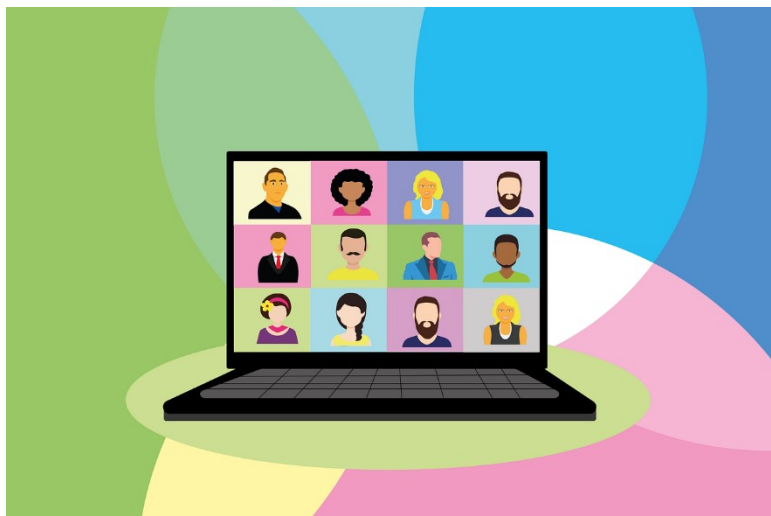
Nice to know materials:

Rayland A, Andrews J. From Social Network to Peer Support Network: Opportunities to Explore Mechanisms of Online Peer Support for Mental Health. JMIR Ment Health. 2023.

[From Social Network to Peer Support Network: Opportunities to Explore Mechanisms of Online Peer Support for Mental Health - PMC \(nih.gov\)](#)

Remote and Online Peer Support: A Resource for Peer Support Groups and Organisations. A collaborative project by Bipolar UK, Get Up Set Up, Mind, National Survivor User Network, and Together for Mental Wellbeing. Written by: Alison Faulkner:

[Remote and Online Peer Support Resource.pdf \(nsun.org.uk\)](#)



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