MICROMODULE SYLLABUS

Setting up an online peer support group

Introduction:

This module introduces how to set up an online peer support group. Setting up an online peer support group involves careful planning and execution to create a safe, supportive space for individuals facing similar challenges. The process includes defining the purpose and target audience, selecting a suitable platform, establishing clear guidelines, appointing moderators, fostering engagement, prioritizing privacy, organizing regular activities, sharing resources, encouraging peer support, collecting feedback, monitoring issues, and promoting growth. The group's success relies on maintaining a respectful and confidential atmosphere, encouraging active participation, sharing resources, and adapting to meet the evolving needs of the community. Overall, a well-structured online peer support group can provide invaluable support and positively impact its members' lives.

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 how online platforms have expanded the reach and accessibility of peer support
- to understand how to set up an online peer support group

Task instructions:

Start by reading the materials. After reading through the materials create a mind map to describe how to set up an online peer support group. List the references used at the end of the report.

In mind map ponder questions such as

How have online platforms expanded the reach and accessibility of peer support?

Who benefits from online peer group activities?

What are the characteristics of an online support group?

How to set up an online peer support group?

Where to get support for the online peer support group?

Read the pages 1–11 from the guide "A Practical Guide for Setting up a Peer Support Group. Making a Real Difference Together." Published by Limbs 4 Life Incorporated. A-Practical-Guide-for-Setting-up-a-Peer-Support-Group.pdf (limbs4life.org.au)