

MICROMODULE SYLLABUS

Running an online peer support group

Introduction

This module introduces how to run an online peer support group. Running an online peer support group involves several key elements to ensure its effectiveness and benefit to the participants. By understanding the needs of the audience, selecting an appropriate platform, establishing clear guidelines, and encouraging meaningful interactions, the support group can create a space where individuals find understanding, connection, and strength in their shared experiences.

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 to structure and design online peer support groups for maximum engagement and participation
- to learn tips on setting online group norms, creating a safe space, and establishing clear objectives

Task instructions:

Study the materials. Then create a video presentation where you reflect on the question “How to set up an online peer support group?”

You can use the following questions in the creation of the presentation:

- How to structure and design online peer support groups for maximum engagement and participation?
- How to run an online peer support group?
- How to create a safe place for everyone?
- What are the members’ roles and responsibilities?
- How will I utilize what I learned?

Read the pages 12–29 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 \(limbs4life.org.au\)](https://limbs4life.org.au/A-Practical-Guide-for-Setting-up-a-Peer-Support-Group.pdf)

Familiarize yourself with the web Page “Tips for Running a Peer Support Group Online” running by NAMI; National Alliance on Mental Health of America: [Tips for Running a Peer Support Group Online | NAMI: National Alliance on Mental Illness](#)

Familiarize yourself with the web Page “Community Tool Box. Creating and Facilitating Peer Support Groups” running by University of Kansas: [Chapter 21. Enhancing Support, Incentives, and Resources | Section 2. Creating and Facilitating Peer Support Groups | Main Section | Community Tool Box \(ku.edu\)](#)

Watch the YouTube video ” ShareWell, Online Peer Support”: [ShareWell | Online Peer Support - YouTube](#)

Familiarize yourself with the web Page “ShareWell” : [ShareWell | Mental Health Support | Peer Support \(sharewellnow.com\)](#)

Nice to know materials:

Support for peer support groups. Mind, registered charity in England. [Support for Peer Support Groups - Mind](#)



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