

## What is Peer Support?

There is not a generally accepted definition of peer support. There are as many definitions of peer support as there are Peer Support Programs. There is one common element upon which all agree and that is that peer support is one person with a disability helping another with a similar type of disability. Peer Support for people with similar life experiences (e.g., people who have lost children, people with alcohol and substance abuse problems, etc.) has proven tremendously important towards helping many move through difficult situations. In general, peer support has been defined by the fact that people who have like experiences can better relate and can consequently offer more authentic empathy and validation.

## History of Peer Support:

In 1935 two men met to discuss how they could help each other stay sober the oldest Peer Support Network in the United States was born. Alcoholics Anonymous has helped millions to achieve sobriety by their simple philosophy of one alcoholic helping another.