**Appendix H: Peer support case note template**

# For individual peer support

Session date: Session time: Participant name: Participant age: Participant pronouns: Peer supporter name:

Main presenting concerns outlined by participant:

Strengths and supports outlined by participant:

Goals outlined by participant:

Coping strategies shared/resources referenced/validation offered:

Additional notes and next steps:

*These session notes have been reviewed by the peer supporter, and the participant.*

Signed, (Participant)

Signed, (Peer supporter)

# For group peer support

Group date: Group time:

Peer supporter/facilitator name(s):

|  |  |
| --- | --- |
| **Number of participants that attended** |  |
| **Number of participants actively engaged in conversation** |  |
| **Gender pronouns of participants that attended** | He/him: Other: She/her: Not disclosed: They/them:  |

|  |
| --- |
| **Theme of group** |
| **Topics discussed during group** |  |
| **Coping strategies/resources/ validation shared** |  |
| **Did a conflict occur during group?** | Yes: (*Please explain in the space below*) No: Was a supervisor/manager notified of the conflict? |