

campus
peer
support



**Canadian Mental
Health Association**
Mental health for all

Activity Log

Use this log to reflect on your early peer support experiences.

Type of peer support situation (group, individual, outing etc.):

Describe the thoughts/feelings you experienced during the peer support situation:

What do you think you did well?

What would you do differently next time?

Rate how well you think you demonstrated the values of peer support today:

Value	Rating 1=low, 5 = high					Comments
Mutuality: We all have something to learn from each other	1	2	3	4	5	
Dignity: We believe everyone has value	1	2	3	4	5	
Self-determination: We know what we need	1	2	3	4	5	
Personal integrity: We value authenticity, respect and ethical behaviour	1	2	3	4	5	
Trust: We are honest, reliable and accountable	1	2	3	4	5	
Health, well-being and recovery: We believe in harm reduction and the power of hope	1	2	3	4	5	
Social inclusion: We believe in connection and belonging	1	2	3	4	5	
Lifelong learning: We value personal growth	1	2	3	4	5	

What stands out for you?

What are you learning about peer support?