

A Guide to Peer Support

From



The
Happy Mums
Foundation

Peer support is simple, but powerful.
It helps you to realise: ***YOU ARE NOT ALONE.***

It is about connecting with others who get it because they have, or are, going through something similar. Whether you're a new parent, managing a long-term illness, or navigating a life-changing event, the core is the same: shared experience is a level of understanding you didn't know you were missing, when the need to explain anything further vanishes and your pains are understood.

The Power of Connection

It's about finding your community in a space built on empathy and genuine understanding.

It gives you a voice - a place where your story is heard and valued, no matter what you're facing.

It offers emotional support and helps you learn new, effective coping strategies from people who've used them.



I wouldn't be here without it



Benefits of Peer Support

Overcoming Stigma:
Breaking down feelings of isolation, shame, and judgement.

Finding Hope:
Increasing your confidence and seeing a way forward.

It's Accessible:
It's support that is there when you need it, often bridging gaps left by formal services.

Happy Mums Peer Support Groups: Created By Mums, For Mums.

This is a space just for mums, run by people who've been there too. This isn't a mum-and-toddler group, it's a mum group, and it's all about you.



What to Expect in a Happy Mums Peer Support Group

A Welcoming Space.

You'll find a comfortable, welcoming circle of chairs. Your little ones are welcome (because where else would they go?), with a mat and toys nearby.

If you are nervous about attending, we can arrange for one of our friendly team to meet you beforehand so you're not walking in alone.

Safe & Respectful.

Before we begin, the facilitator will read out our Group Agreement. This simple set of guidelines ensures a safe and respectful space for everyone.

There is absolutely no judgement here: everything is welcome, whether it's good, bad, or in between.

Sharing Circle

We move around the circle, giving everyone a chance to speak if they'd like to.

There is no pressure to share. You are completely welcome to just listen if that's what feels right for you. Our facilitators and friendly group helpers have lived experience and gently guide the conversation to make sure everyone feels heard.

Support and Signposting

Peer support offers emotional connection that complements - but does not replace - clinical care.

If something comes up that suggests extra professional support might be helpful, we may gently signpost to other services.

Your choices always come first.

Find your community. Boost your mental wellbeing. Simple, but powerful.

