

  
**Peer Support**  
**PAT - PEER AND TEAM SUPPORT**



Co-funded by  
the European Union

## — Intro

# The TuTo3 project - PAT: PEER and TEAM SUPPORT in Mental Health

Peer support in mental health is not an innovative practice. It is developing worldwide.

Peer-support is a mutual support between people who have had similar experiences, particularly in matters of mental health or addictions. It is on



sharing experiences and knowledge gained through experience to support recovery and empowerment.

The WHO recognizes peer-support as a complementary approach to traditional health care, which can improve quality of life and recovery.

The ERASMUS Tuto3 project, focusing on PAT (Peer and Team support) in mental health, represents a pioneering approach to enhancing mental health support systems. This initiative stands out as a beacon of hope and innovation in the realm of mental wellness, aiming to leverage the power of community, empathy, and shared experiences to foster a more supportive environment for individuals facing mental health challenges. By placing emphasis on peer and team support, the Tuto3 project acknowledges the profound impact that connection and understanding can have on an individual's mental health journey.



# The TUTO3 PROJECT

The TUTO3 PROJECT comprehensive support system that addresses both the emotional and clinical aspects of mental health. The innovative nature of the Tuto3 project lies in its understanding that mental health recovery and support are multidimensional and deeply personal. The project aims to create mental health care that is more inclusive and effective by building environments where individuals feel seen, heard, and supported by both peers and professionals. As the Tuto3 project continues to evolve, its focus on PAT (peer and team support) promises to reshape how society approaches mental health, making it more accessible, compassionate, and tailored to the needs of those it seeks to serve.

Peer support, a cornerstone of the Tuto3 project, operates on the principle that individuals who have navigated their own mental health challenges can offer unique insights, empathy, and practical advice to others facing similar struggles. This approach not only helps in destigmatizing mental health issues but also empowers individuals by validating their experiences and promoting a sense of belonging. Similarly, team support within the Tuto3 framework amplifies this effect by creating structured support networks, combining professional guidance with the relatability and immediacy of peer support. This dual approach ensures a comprehensive support system that addresses both the emotional and clinical aspects of mental health.

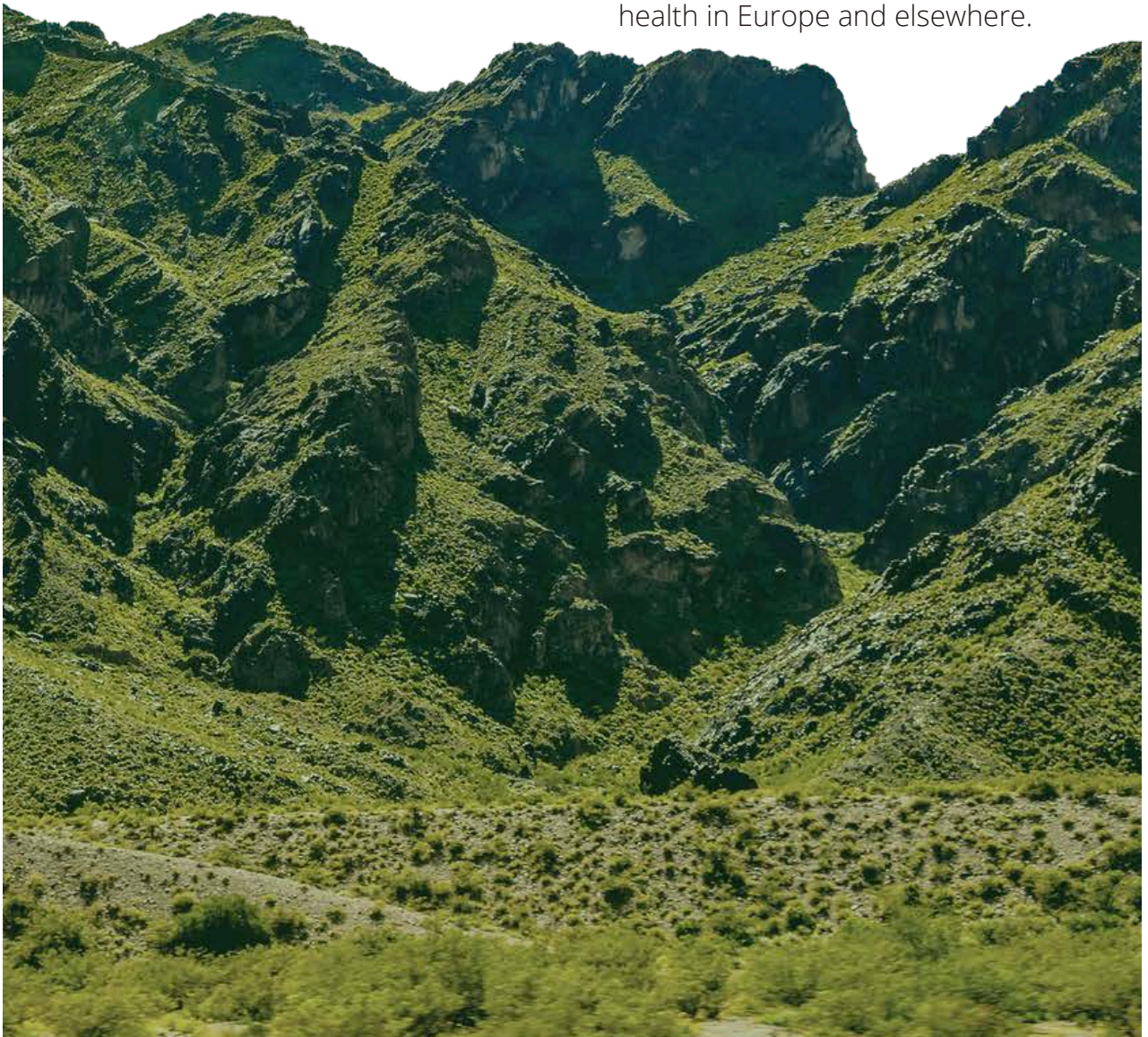


# — HOW

Peer support workers provide support and accompaniment to their peers, people who are going through similar situations. They are found in many areas where the elements of life have left traces, sometimes indelible, from which it is difficult to recover. They share the knowledge, strategies, and tools they have learned from their recovery journey.

They embody the hope that it is possible to get better and to take control of your life. To recover is to reclaim what is already ours: life.

The project aims to facilitate the deployment of peer support workers by strengthening the professionalization of the various stakeholders: peer support workers, trainers, institutions, care teams and associations of peer support workers in the field of mental health in Europe and elsewhere.







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## Support and duration of the project

The PAT project is an Erasmus+ ka220 project co-funded by the EU. It will last 36 months until January 2025



# Partnership



The project is supported by organisations of 7 countries, associations of peer support workers and universities, coordinated by the Hospital Centre Neuro-Psychiatrique Saint-Martin.

The NGO's contribute to producing knowledge and innovative tools and validate them based on the experience of peer support workers.

Centre Neuro Psychiatrique St-Martin, Namur



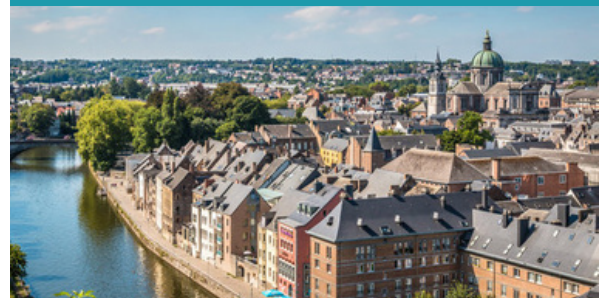
Établissement Public de Santé Mentale Lille-Métropole



Universitatea Aurel Vlaicu Din Arad



Peer and Team Support, ASBL, Namur



# Partnership



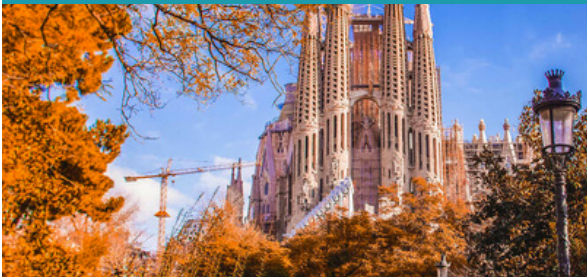
Haute Ecole de la Province de Namur



Espairs Pair Aidance Santé Mentale Rhône ,  
Lyon



Grupo de Investigación en Salud Mental en  
Primera Persona, Barcelona



Centre intégré universitaire de santé et de  
services sociaux de l'Est-de-l'Île-de-Montréal



Inland Norway University of Applied Sciences



Universität ULM







Integrating peer support in a more structural way into the care pathway.

Strengthen the employment of peer support workers by reinforcing their professional profile and training adequacy.

Better prepare the professional teams to welcome and integrate peer support workers in their practices: accompanying the team during the whole integrating process.



Encourage the innovation and exchange of practices on these themes.

## — GOALS PROJECT



# PROJECT OUTCOMES

Increase the level of expertise of the different partners, mental health professionals and other stakeholders benefiting from the production about the added value of peer support workers as people that are skilled to support users in recovery.



Increase the level of skills of peer support workers.

Creation of tools that will be available at the European level to any mental health stakeholders.

Support the integration of peer support workers in the world of work by supporting the creation of qualitative jobs.

Create and consolidate a European network of different and complementary organisations around innovative mental health outcomes and connect with world leaders (Canada) on the recovery and training of peer support workers.

Participate in the destigmatization of the mental health sector in general and users in particular by creating bonds between facilities, the education sector and users associations.



# TUTO3 PAT

# RESULTS

## RESULT NUMBER 1

A competency framework for peer support workers

## RESULT NUMBER 2

A standardized training profile for peer support workers.

## RESULT NUMBER 3

Include peer support worker: training material for mental health professionals

## RESULT NUMBER 4

A methodological framework to support the integration of peer support workers into teams

## RESULT NUMBER 5

Development of a MOOC (Massive Open Online Course)



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# PEER AND TEAM SUPPORT PROJECT RESULTS

The development of a skills framework for peer helpers is a crucial step in recognizing and promoting their essential role within mental health services. This framework must identify the fundamental skills, knowledge and attitudes required to effectively support people seeking mental well-being. This includes the ability to build trust, an empathetic understanding of the experiences of others, and a solid understanding of professional boundaries and role ethics.

At the same time, the creation of a standardized training profile for peer support workers guarantees quality and consistency in their preparation. This profile could detail essential training modules, such as active listening techniques, crisis management, confidentiality, and navigating the mental health care system. Related training materials should be designed to be accessible and engaging, using a variety of formats such as

videos, case studies, and simulations to facilitate learning.

To support the integration of peer support workers into mental health teams, a methodological framework must be put in place. This framework should include guidelines for supervision, ongoing support, and evaluation of the contributions of peer support workers while recognizing the unique value of their lived experience. Finally, the development of a MOOC (Massive Open Online Course) specifically dedicated to the training of peer support workers and mental health professionals could greatly contribute to the dissemination of best practices and raising awareness of the importance of peer support workers. This MOOC could serve as a resource accessible to all, thus promoting a better understanding and integration of peer support workers in mental health services globally.

