CHECKLIST

Starting with peer support: a first-steps checklist

- [ ] Ask yourself what format appeals to you — face-to-face, online, or both.
- [ ] Search for groups near you or online groups that match your preference.
- [ ] Contact a group and ask about their next meeting and what newcomers can expect.
- [ ] Attend one meeting with no obligation to speak or return.
- [ ] Notice how you felt — safe, heard, less alone, understood.
- [ ] If it felt right, commit to four to six weeks before deciding.
- [ ] Reach out to one person from the group if you want ongoing support.
- [ ] Remember that trying another group if the first is not right is completely normal.