

Peer Support Group: Self-assessment checklist – am I ready to do this?

- 1) I have discussed my own grief journey with others – for example, people in my own support circle or a counsellor. Yes / No
- 2) Enough time has passed for me to have worked through enough of my own experience to now be helpful to others. Yes / No
- 3) While others are talking about their struggles, I do not feel an urgent need to tell my own story. Yes / No
- 4) Listening to those with similar situations does not exhaust me. Yes / No
- 5) I have thought about effective ways I can deal with my feelings and my triggers while I'm running a group. Yes / No
- 6) I don't feel I need to fix other people's grief. Yes / No
- 7) I am able to talk about my own experience of suicide loss honestly, without feeling too overwhelmed. Yes / No
- 8) I am able to identify when I am feeling overwhelmed and, if necessary, talk about this with supportive others. Yes / No
- 9) I can find time to prepare for and run a regular group meeting. Yes / No
- 10) I have thought about my own identity (cultural, gender, sexuality and religious beliefs) enough to be able to work sensitively and well with people across cultural, faith, gender and sexuality groups. Yes / No
- 11) I have spent time learning about suicide bereavement, grief and trauma. Yes / No
- 12) I have a self-care plan in place. Yes / No
- 13) I have a list of safe contacts in case someone needs help. Yes / No
- 14) I am capable of leading and providing a supportive network for those affected by suicide. Yes / No



15) I have a great co-facilitator or coordinator to work with me. Yes / No

16) I have sought a peer assessment (a second opinion about setting up a support group). They agreed: 'Yes, this person has enough personal insight to listen to and respond thoughtfully to other people's grief'. Yes /No

How did you do?

Count the number of 'Yes' responses:

10–16: Excellent time to facilitate a group.

7-9: Good time to consider facilitating a group.

1-6: Not a good time to facilitate a group.

You are also welcome to get in touch if you would like to discuss this further.

Contact

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