



## 5 Ways Networking Can Benefit Your Career in Peer Support

Please note that a “peer” is an individual who has lived experience of mental health issues.

The ability to connect and build relationships is essential in the work of providing peer support. Fortunately, these are some of the same skills that lead to successful networking strategies.

### 1. Make Connections.

Making connections opens up a world of people that you can call on when you need them to ask questions, seek resources, share ideas, or get advice.

### 2. Gain Mentors.

Building and maintaining a network of individuals is an easy way to ensure a continued level of guidance throughout your career. It is likely that someone within your network has been where you are today, and can offer sage advice to help navigate through issues that you might face professionally. Mentors are a valuable source of knowledge; so do not be afraid to ask for help.

### 3. Increase Opportunities.

The more people you know, the more people know you and your skill set. When opportunities come available, people will think of you and your shining personality. It might be surprising to learn that most jobs are gained through established professional relationships.

### 4. Grow Resources.

Having a strong network accesses you to resources. This can be helpful for your career in peer support, enabling you to be more effective at your job. Being familiar with as many resources as possible is one of the keys to good peer support. It can also be beneficial for you to integrate your professional networks so that they enhance each other.

### 5. Expand Supports.

Building a network will increase the pool of supports from which you can draw on for your professional career. When you have a wide array of support, you have more people on your side, which can be beneficial to you and the peers with whom you are working. Those who maintain strong support systems feel less isolated, overcome personal and professional challenges more easily, and are more effective at work and at home because they experience less stress and burnout.