

Indicative interview schedule – study A- (Supported Peers)

There will be time during the interview to talk about the issues you feel are important, that might relate to ethnicity, race, culture, religion, for you to talk about if these are important to you. We'll make sure there's time to cover all the issues that you want to tell me about.

1. Can you talk me through your experience of accessing peer support?

(If participant did not access peer support explore reasons for this).

- a. How were you made aware of the opportunity to have a peer support worker (self-referral or referred)?
- b. How was it introduced to you?
- c. How did this feel?
- d. What were your initial thoughts?
- e. When did peer support start?
- f. What were your reasons for accessing peer support?
- g. Was there anything that made you think peer support maybe helpful/unhelpful?
- h. Did you experience any barriers to accessing peer support?
- i. Do you recall any expectations you had?
- j. Could anything be changed about the approach?
- k. Where there any points where the length of time between peer support sessions could have been different?
- l. Did you ever consider discontinuing peer support?
- m. How many sessions have you had?

NOTE: Ask circumstances at the time of being offered peer support (were you in hospital, recently discharged, timing etc).

2. Can you talk me through how you feel the relationship was for you with your peer support worker?

- a. What do you feel helped the relationship?
- b. Was there anything that made the relationships challenging?
- c. Did the peer worker share any personal experiences?
- d. Do you feel it is important for the peer support worker to understand the cultural differences and experiences of the people they are supporting (e.g. help-seeking differences, conceptualisation of mental (ill-)health (religiosity, spiritualist)?
- e. Has your cultural background been a consideration for you in the services you have received?
- f. Do you feel your cultural background has been considered by the services you have received?

- i. What are your thoughts about ethnic matching within the peer support worker relationship?
 - g. Has your own racial identity been a consideration in your journey through mental health services? (for you, and offered by others)
 - i. Do you feel your racial identity, or the racial identity of the peer support worker, influenced your experience? (e.g. did it provide self-validation, give a sense of agency in recovery)
 - h. Did you feel you have experienced any barriers when receiving peer support which may relate to your race or ethnicity or cultural background?
- 3. Have you ever felt that your peer worker has a different understanding or perspective about mental health compared to other people you received support from?
 - a. What was it about their understanding that felt different?
 - b. How did that feel for you/what did it mean for you?
 - c. Did that understanding have any impact on you and how you think about your mental health?
 - d. If not, how did that make you feel? Would it have made a difference to you if their understanding had been different to other people's perspectives?
- 4. Has anything influenced your decision to continue with treatment or care (e.g. therapy, medication, other activities)?
 - a. Has peer support been part of your decision making (to continue with treatment or care)?
 - b. Has peer support changed your thinking about how you use services?
 - c. Has peer support changed the way you think about your diagnosis?
 - d. Would you recommend peer support to any other people who may be in crisis/mental distress?
 - e. Would you consider becoming a peer support worker?

This part of the interview is about working in a way that is sensitive and responsive to distressing past experiences and puts people at the centre of their care. In services this can sometimes be referred to as working in a 'trauma-informed' way.

- 5. What does trauma informed care mean to you?
- 6. Do you feel you have ever received support that has worked in a trauma-informed way?
 - a. How would you describe the approach?
 - b. How did this feel?
 - c. Is there anything that was helpful/less helpful?



- d. For people who have experienced trauma, do you feel there are any changes to peer support which need to be made?
7. Thinking about your experience with mental health services, when do you think is the best time for someone to meet a peer support worker (e.g. after detention, CTO, at time of getting medication, more helpful in recovery, readmissions)?
- a. What's the best way for the peer support to be described or introduced to someone who has experienced trauma?
 - b. What do you think could encourage people to take part in peer support if they have experienced trauma?
 - c. Are there any goals that someone might want to work towards with their peer worker if they have experienced trauma in the past?
 - d. During peer support, have you ever felt that a peer worker has shared too much with you about their personal experiences of mental health or trauma? How did that feel?
8. Is there anything you feel should be included in training for PSW?