Mutual support and self-help

Exported from METEOR

(AIHW's Metadata Online Registry)

© Australian Institute of Health and Welfare 2024

This product, excluding the AIHW logo, Commonwealth Coat of Arms and any material owned by a third party or protected by a trademark, has been released under a Creative Commons BY 4.0 (CC BY 4.0) licence. Excluded material owned by third parties may include, for example, design and layout, images obtained under licence from third parties and signatures. We have made all reasonable efforts to identify and label material owned by third parties.

You may distribute, remix and build on this website’s material but must attribute the AIHW as the copyright holder, in line with our attribution policy. The full terms and conditions of this licence are available at https://creativecommons.org/licenses/by/4.0/.

Enquiries relating to copyright should be addressed to info@aihw.gov.au.

Enquiries or comments on the METEOR metadata or download should be directed to the METEOR team at meteor@aihw.gov.au.

# Mutual support and self-help

|  |
| --- |
| Identifying and definitional attributes |
| Metadata item type: | Glossary Item |
| METEOR identifier: | 721759 |
| Registration status: | [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 16/01/2020 |
| Definition: | Mutual support and self-help includes services that provide information and peer support to people with a lived experience of mental illness. People meet to discuss shared experiences, coping strategies and to provide information and referrals (Metropolitan Health and Aged Care Services Division 2003). Self-help groups are usually formed by peers who have come together for mutual support and to accomplish a specific purpose (Solomon 2004). |
| Context: | Mental health non-government organisation establishments service type taxonomy. |

|  |
| --- |
| Collection and usage attributes |
| Guide for use: | *Distinguishing features:** Group-based services
* Comprising individuals with common experience and interest
* Led by one or more volunteer/unpaid consumer peers
* Provided on a face-to-face basis or through interactive online forums. Please note, while this service type can be conducted though interactive online forums, the online activity is not intended to be measured under the Mental health non-government organisation establishments NMDS.

*Inclusions:** Self-help
* Warm lines

*Exclusions:** Services that, while delivered by peers, are better categorised in other service types, e.g. peer-led employment-oriented services; personalised support services provided by peer workers
* Services where the peer-leader is employed by the NGO (these services will be reported under other service types, e.g. Personalised support or [**Group support activities**](https://meteor.aihw.gov.au/content/721757))
* Mutual support and self-help activities provided for and/or by carers and/or families of people with mental illness (these are reported under [**Family and carer support**](https://meteor.aihw.gov.au/content/721767))
* Online, population-based self-help programs (these are reported under [**Self-help—online**](https://meteor.aihw.gov.au/content/721755))
 |
| Source and reference attributes |
| Submitting organisation: | Australian Institute of Health and Welfare |
| Relational attributes |
| Related metadata references: | Supersedes [Mutual support and self-help](https://meteor.aihw.gov.au/content/494967)       [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Superseded 16/01/2020 |
| Metadata items which use this glossary item: | [Group support activities](https://meteor.aihw.gov.au/content/721757)       [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 16/01/2020[Mental health non-government organisation payments cluster](https://meteor.aihw.gov.au/content/721704)       [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 16/01/2020 |