Recommendations for practitioners

1. Talk about peer support early and positively – introduce peer support as an option in a respectful, non-pressured way, recognising that it may feel safer to explore once trust has started to build.

2. Explain options clearly and honestly – be open about what different peer support spaces are, what they offer and any limits to what you can verify or guarantee.

3. Support informed choice, not avoidance of risk – help women weigh up what feels right for them rather than avoiding peer support because it feels unfamiliar or uncertain.

4. Check in, don't assume – follow up after signposting to see how it felt and whether further support is needed.

5. Reflect on your own comfort levels – notice when personal anxiety, time pressure or organisational culture influences how you talk about peer support and seek support or supervision.