



# The Space We Share Between Us

*Considerations for the Mental Health Support Worker*

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# The Discovery of Processes:

## *Themes of the Relationship*

***Role Practicalities***

***Time***

***Negotiated Relationship***



***Boundaries***

***Experience***

***Observation &  
Responsiveness***

# Task Based Goals and Relationships

*“It’s really important you’re not going to achieve anything during the day if you don’t have a good relationship. They’re not going to achieve or progress on their recovery if you don’t have a good relationship, it’s vital - it’s the biggest part of the role.”*

*”The relationship we build with our people that we support is paramount because it helps to build trust with the people we work with, that they feel like they are able to talk to us about things and will take direction and input from you”*

# Time

*“It’s time on the road. You can’t come in if you haven’t got a relationship yet, you don’t got the rapport. If you haven’t invested, if you haven’t had time with them and show them who you are, cause you got to show them who you are and then they start to figure out how they want to be with you and how they want you to be with them - so yeah time on the road.”*

*“Just being patient, what I’ve observed myself - if you try and force a relationship, it won’t work. It’s not something that can be forced or faked, it’s got to come naturally or it won’t come at all.”*





# Finding the Balance in Boundaries

*“When one of my people tries to position me as more than a friendly support worker and tries to position me as her friend, I have to reinforce that this is a professional relationship. It’s an ongoing journey there with what’s appropriate.”*

*“Cause I’m peer support trained as well so I tend to like, I fit as much within the boundaries of the NGO as a support worker but I tend to be a bit more flexible through the peer support and having been through what a lot of the guys have been through. I think you need to be a bit more flexible when you’re talking about things”*

# Conclusion

