

Various roles an experts by experience can take (designed for mental health care in Flanders): ¹

| Role | Description | Examples |
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| Vision provider/eye-opener (eliminates prejudices) | Uses experiential knowledge to ensure realistic thinking and speaking about mental health (problems). | Testimony, quarter-making, training, information, anti-stigma actions, image formation. |
| Hope Provider | Creates hope, offers perspective, and inspires. | Lectures, blogs, articles, peer coaching, group processes, being present in a department. |
| Empowerment stimulator | Focuses on possibilities and empowerment in individual conversations with the patient, close relatives, or other experts by experience, contributing to the recovery process | Individual recovery conversations as a member of a mobile team or in a care department, buddy, coaching, and intervision of experts by experience. |
| Group Supporter | Guides groups with a focus on possibilities and empowerment. | Guiding peer initiatives and self-help groups, guiding Recovery Academy courses or a Recovery Work Group, training experts by experience, coaching, and team intervision. |
| Bridge Builder (making connections) | Maintains and/or establishes connections between patients, caregivers, family and patient perspectives, policy, organizations, (and other) possible stakeholders, and the broader society, contributing to mutual understanding and equal collaboration. | Team conversations as a member of a mobile team or care department, patient representative, aligning demand and supply of experts by experience, quarter-making on an individual level. |
| Guide | Makes people familiar with terminology, care and training offerings, and broader services. | Reception function in a care facility, referral to care, leisure, meeting, and/or work, information point on recovery and expertise by experience. |

¹ Hilko Timmer. (z.d.). GLOBAAL PLAN ERVARINGSDESKUNDIGHEID AANBEVELINGEN. In *GLOBAAL PLAN ERVARINGSDESKUNDIGHEID AANBEVELINGEN*. http://www.herstelplatform.be/media/docs/gpe_aanbeveling_def.pdf

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| Representative | Represents and defends the perspective of the patient, family, and/or other close relatives and/or experts by experience. | Participating in networks, platforms and working groups |
| Innovator | Dares to question things and provides not only innovative ideas but also a creative, refreshing, and critical view on the current functioning and vision of organizations and in the execution of tasks and concrete projects. | participation in ad hoc projects/think tanks. |
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Recommendations for the expert by experience:

- Identify for yourself which roles your interests and where your qualities lie.
- Make choices. You do not have to be equally good at everything.
- Monitor your balance of carrying capacity and load well.