

**File S1** Example search strategy for OVID Medline

[1] exp migrant worker/

[2] ((migra\* or immigra\* or foreign\* or non-native or transient\* or economic) adj2 (work\* or labor\* or labour\*)).ti,ab,hw.

[3] (domestic helper\* or domestic worker\*). ti,ab,hw.

[4] or/1-3

[5] exp peer group/

[6] exp social support/

[7] exp self-help group/

[8] peer\*. ti,ab,hw.

[9] (lay\* adj2 (led or lead\* or run\* or conduct\* or person\* or people\* or work\* or provider\* or advisor\* or consultant\* or educator\* or train\* or tutor\* or instructor\* or facilitator\*)).ti,ab,hw.

[10] (mutual\* adj2 (aid\* or support\* or help\*)).ti,ab,hw.

[11] or/5-10

[12] 4 and 11

[13] limit 12 to (humans and yr="2001 - 2021")