



Mental Health

A healthy and respectful workplace.
It's everyone's responsibility

Workplace-based

Peer Support Program

*We care
We listen
We help*

Peer Support is when individuals who have experienced a mental health challenge personally or through a loved one make themselves available to support a colleague who is coping with a similar challenge.



If you need to talk, visit
iService.prv/peer to access
a list of Peer Supporters.

It's completely confidential!

