



*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](https://www.employmentandsocialdevelopment.ca/Service/peer)** to access  
a list of Peer Supporters.

**It's completely confidential!**



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