



Mental Health

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

Workplace-based

Peer Support Program

Peer Supporters are volunteer employees who have experienced a mental health challenge and who volunteer to support and empower a colleague who is coping with a similar challenge.

Available for all!
Employees,
Managers,
Casual Workers and
Students

Confidentiality is the cornerstone of the Program!

Peer Supporters ...

are compassionate kind-hearted people who bring hope to others.

Care

listen without judgment and provide guidance to those seeking solutions

Listen

provide social and emotional support while bringing a sense of comfort and encouragement.

Help

The employee has access to a:



- peer supporter, chosen through a departmental selection process, who has successfully completed a mandatory training.
- private and confidential relationship based on understanding and experience.
- non-clinical intervention based on support and empowerment.

TO REACH A PEER SUPPORTER:

Visit the iservice.prv/peerBio to consult the biographies and contact them by one of the following channels:



Email



Phone



Skype

For more information visit : iservice.prv/peer

Created by HRSB Internal Communications