

# Appendix B: Sample needs assessment

## Sample peer support needs assessment

Peer support involves having individuals with lived experience of mental health and/or substance use challenges come together with individuals who are currently struggling with similar challenges as a means of fostering hope and recovery. Peer supporters receive specialized training and supervision to create safe, non-judgmental and responsive services for individuals. We want your feedback on what you would like from our peer support services. Your answers will remain anonymous and no identifying information will be collected.

**1. Please check the following boxes that apply to you. I am a/an ....**

- First-year student
- Second-year student
- Third-year student
- Fourth-year student
- Fifth-year-plus student
- Non-degree student
- Grad students
- International Student
- Student living in residence
- Student who has accessed counselling services

**2. The most helpful aspect of peer support services would be...**

- Having a space to talk through my challenges
- Receiving support from someone else who also has lived experience
- Having a peer supporter share coping strategies that they have used
- Having a peer supporter help me to navigate resources
- Having a peer supporter who has attended the same school as me

**3. How long would you like to receive support from a peer supporter in a one-to-one interaction?**

- 15-20 minutes
- 20-45 minutes
- 60-plus minutes

**4. How long would you like to engage in a group peer support interaction?**

- 10-20 minutes
- 20-45 minutes
- 45-60 minutes
- 60-120 minutes

**5. Where on campus would you feel most comfortable accessing these services?**

- Within the health and wellness centre
- At a coffee shop
- Within a classroom
- I would not feel comfortable accessing these services on campus
- Other: \_\_\_\_\_

**6. Describe some barriers that you envision facing when trying to access peer support services:** \_\_\_\_\_

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**7. Other suggestions for campus peer support programs:**

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