

campus
peer
support



Canadian Mental
Health Association
Mental health for all

Peer support roles and responsibilities activity scenarios

For each scenario, please discuss what a **friend** might do, what a **counselor** might do and what role a **peer supporter** could take in the situation:

Scenario 1:

Lex has been working a part-time job at the print shop on campus, completing a double major degree, while also supporting a younger sibling with their schoolwork and trying to keep their spot on the varsity hockey team.

Lex is feeling increasingly overwhelmed and they're not sure how they're going to be able to manage moving forward. They don't want to drop anything or disappoint anyone, but they have started to experience a sense of doom and occasional panic attacks, which confuses them more than anything.

Friend response/support:

Counselor response/support:

Peer supporter response/support:

Scenario 2:

Jyoti is 19 and has just started at a school away from home. So far, Jyoti is enjoying their program and classes, but they are finding it hard to make friends. It seems like everyone else has already made their own groups of friends. Jyoti is spending a lot of time in their room and on social media, seeing all their friends back home having an amazing time at the local school. Jyoti is feeling intense feelings of sadness, regret, loneliness and shame around not finding a group of new friends.

Friend response/support:

Counselor response/support:

Peer supporter response/support:



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Association canadienne
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La santé mentale pour tous



years of
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Scenario 3:

Bo was diagnosed with depression and anxiety when they were 16. They've been coping fine with medication until now. They are starting to feel some of their symptoms coming back, feeling low and unmotivated, drinking more and feeling like they can't focus on anything.

Bo's getting worried because they've experienced this before and it was a horrible experience that they don't want to face again.

Friend response/support:

Counselor response/support:

Peer supporter response/support: