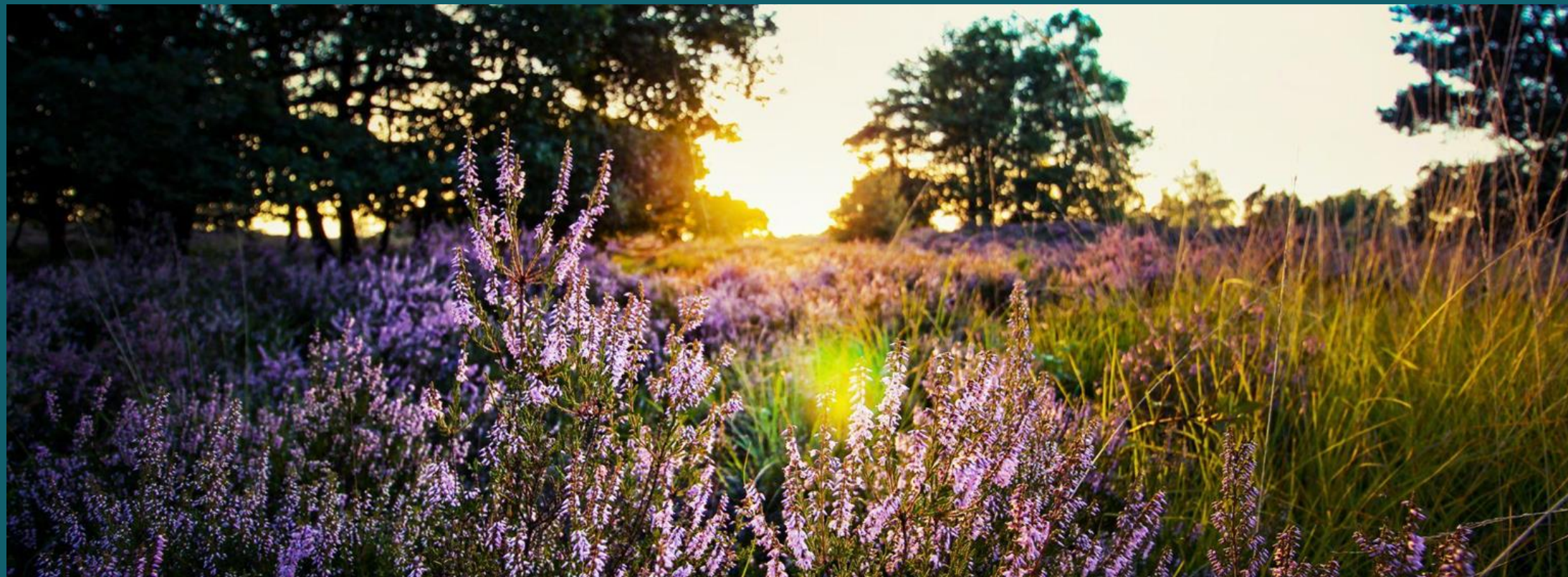


Campus Peer Support Training Program

Day 1



Canadian Mental
Health Association
Mental health for all



Land Acknowledgement



Canadian Mental
Health Association
Mental health for all

Agenda

01

Peer support
overview

02

Campus roles &
responsibilities

03

Barriers to peer
support

04

Personal
strengths

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Your Why

Share why you wanted to
become a campus peer
supporter

Never have I ever

Discuss each situation and what would help you

Scenario 1

You have a lot going on at school and in your personal life and you haven't been getting much sleep.

You miss your first class every morning this week.

Scenario 2

You think you might have ADHD and have been trying out caffeine pills to see if it helps you study.

Scenario 3

You sometimes get overwhelmed and feel like you want to quit school.

Group
activity



Peer support

Providing non-clinical emotional and social support based on empathy, the belief in self-determination and the sharing of lived experiences to inspire hope and wellness

Informal Peer Support

More like talking with your friends, sharing experiences

Formal Peer Support

Trained individuals with lived/living experiences & demonstrated wellness

Peer Mentoring

Intentional use of an individual's expertise to help someone else reach a goal

Roles & responsibilities

For each scenario, discuss how the following might respond:

- Friend
- Counselor
- Peer supporter

A large, light teal graphic element consisting of a semi-circle on top and a rounded rectangle on the bottom, containing the text "Group activity".

Group
activity




Campus Peer Support Training Program

- Site Specifics
- Edit this slides with specific details of your program

Barriers to peer support

Reflect on barriers that might exist
for **you** around:

- Services offered
- Location/access
- Peer support approach

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Individual
activity

Effective peer supporters

What are the top characteristics of an effective peer supporter?

- List your top **ten** characteristics
- Circle the top **five** ideas
- Pick your top **three**

Small group
activity



Strengths

How do *you* demonstrate those top strengths?

- What do they look like in practice?
- How do we recognize it in others? In ourselves?

Individual
activity



Strengths development

- What strengths do we need to develop as a group?
- What other topics should we learn about to help us be better peer supporters?

Group
activity



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Summary

- Peer support overview
- Campus roles & responsibilities
- Barriers to peer support
- Personal strengths

