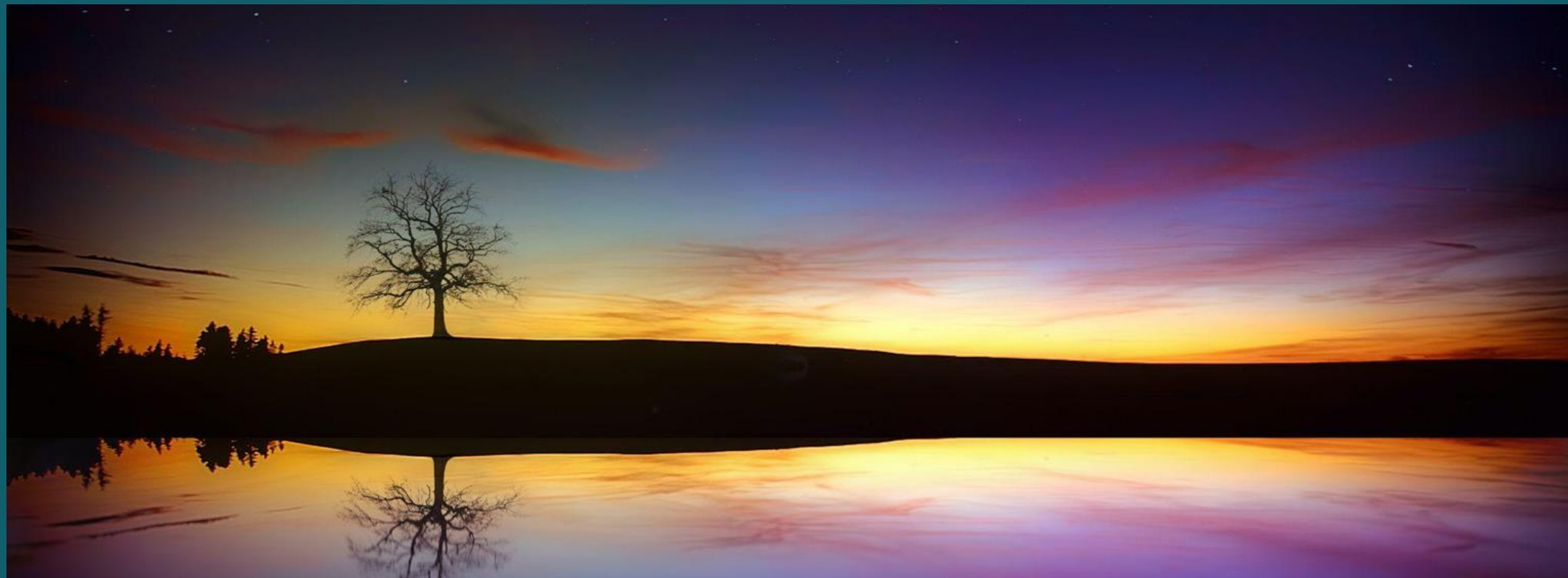


Campus Peer Support Training Program

Module 3



Canadian Mental
Health Association
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Land Acknowledgement



Agenda

01

Wellbeing

02

Stress vs Crisis

03

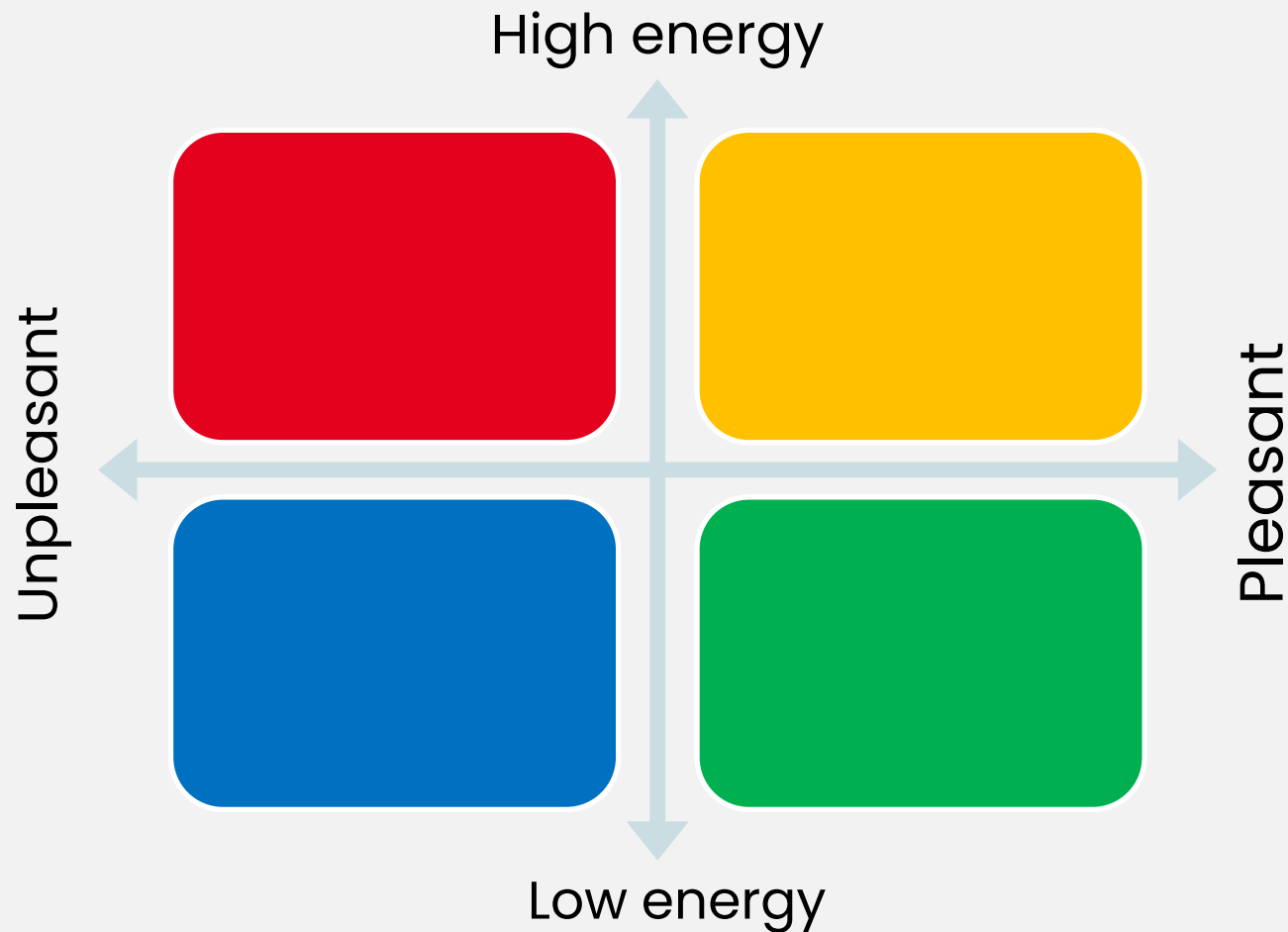
Resilience

04

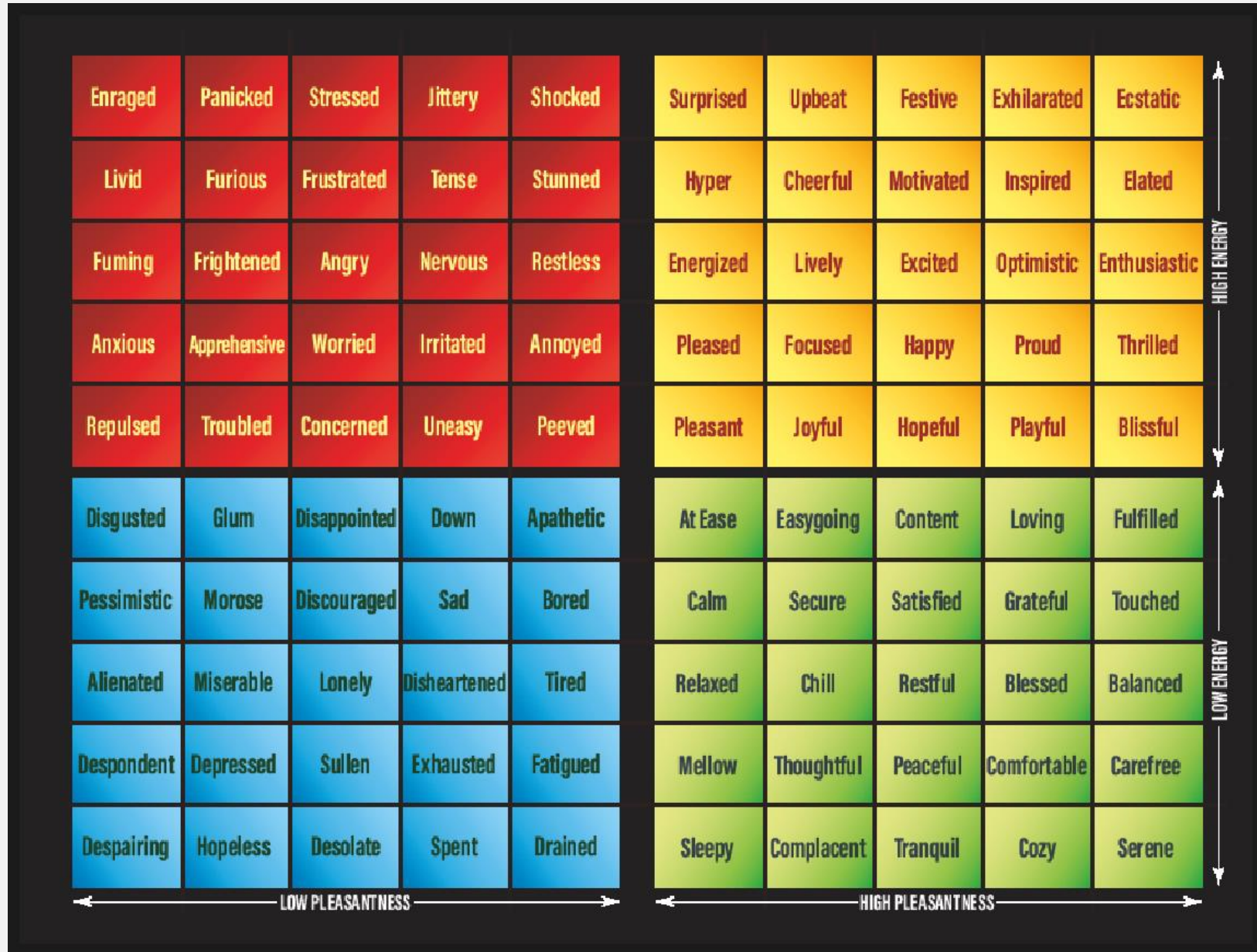
Substance use
health

A large, semi-transparent teal shape in the bottom right corner, resembling a quarter-circle or a stylized 'D' shape.

How are you feeling?



How are you feeling?





Wellbeing range



Struggling

Surviving

Thriving



Stress vs Crisis



Stress

Stress is a survival mechanism

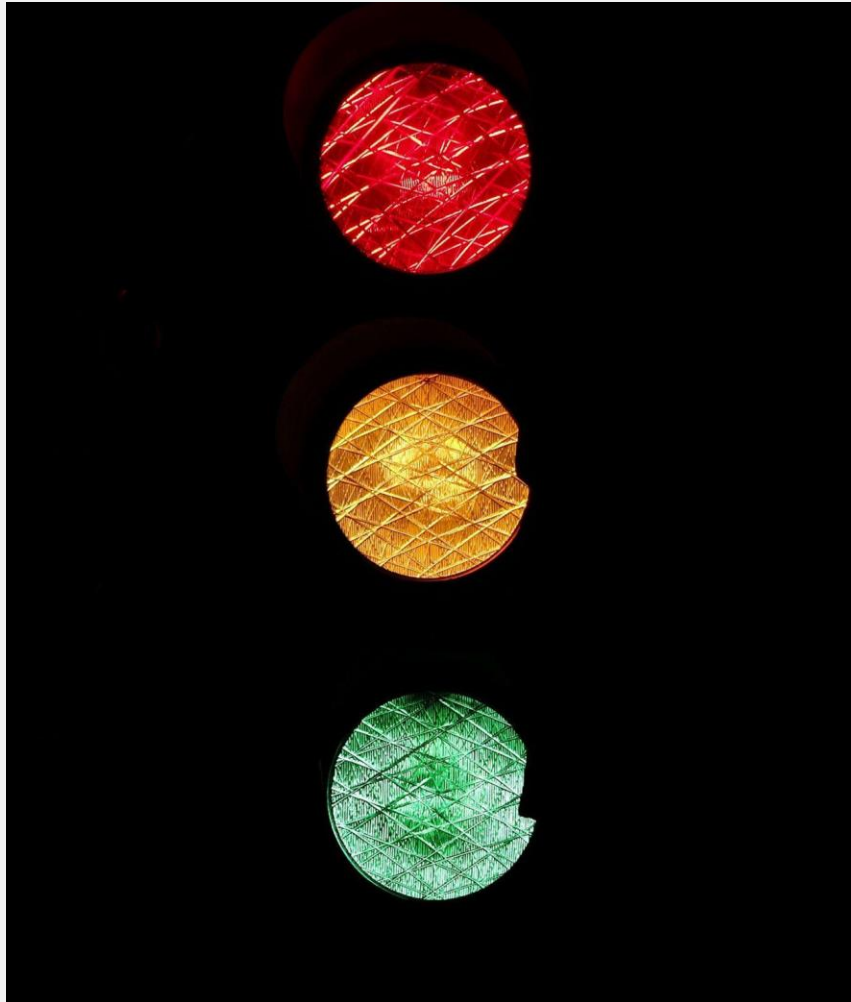
Stress is a normal part of life

Distress

Distress is a stressful situation that is hard to cope with or where our normal coping strategies are not enough.

Crisis

Crisis is when distress becomes severe, there is a feeling of not being in control or being able to cope with situations or feelings



Warning signs

- Isolation from others
- Bottled up emotions
- New/excessive irritability
- Flashbacks to traumatic events
- Chronic physical ailments
- Feelings of dread when you think about your peer support role



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Resiliency

- Ability to bounce back
 - Skill that can be developed
 - Self-awareness is important!
-

Early warning system

Describe a situation likely to create
challenges

Identify the early warning signs for you

Consider strategies that would help

Individual
activity



Substance use health

Understanding substance use
through the “Chair model”





Substance use health

How does our campus culture
promote substance use?





Your relationship status

Reflect individually on your substance use:

- Does your use of substances sustain you in positive ways?

Individual
activity



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Summary

- Wellbeing
- Stress vs crisis
- Resilience
- Substance use health

