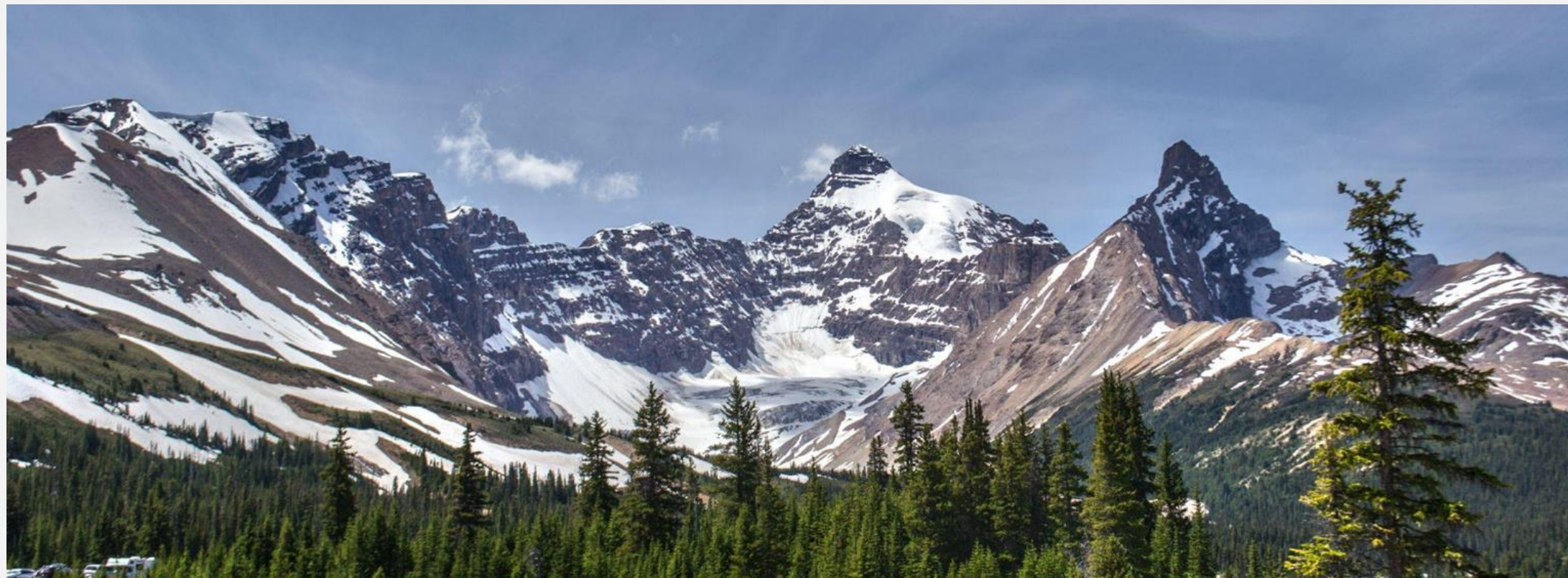


Campus Peer Support Training Program

Module 5



Canadian Mental
Health Association
Mental health for all



Land Acknowledgement



Agenda

01

Crisis situations

02

Local support
situations

03

Self-determination

A large, semi-transparent teal shape in the bottom right corner, resembling a quarter-circle or a rounded square.

Partner check-In

Share a tip that helps you reconnect or calm down when you are feeling overwhelmed





Warning signs

- Being unable to complete common daily tasks
- Withdrawing from typical social situations
- Showing impulsive or reckless behaviour, being aggressive
- Having dramatic shifts in mood, sleeping or eating patterns



Crisis support



Validate

- Thank them for sharing
- Acknowledge how hard it is to share
- Believe them!

Collaborate

- Reassure they decide next steps
- Offer to work with them to find help
- Share options

Support

- Stay with them as they get help
- Check in on what else they need



Crisis scenario

A student you've been supporting tells you that they're not finding any of the coping strategies you previously discussed helpful for them.

Validate

They don't think that anything is going to work to make them feel better and that they feel hopeless.

Collaborate

You ask if they've been having thoughts of suicide, and they say yes.

Support



Self-determination Scenarios

Scenario 1

A student coping with substance use issues tells you they are going to a “kegger” this weekend

Scenario 2

A student shares they have been finding study drugs really helpful since midterms. They are wondering how safe it is to continue taking them and ask your opinion.



Goals of self-determination

- Demonstrate that people know more about their own circumstances and what they need than we do
- Empower peers to make decisions for themselves
- Remain non-judgemental about decisions
- Keep door open for additional support



***If your problem is
soul-deep, your
soul alone knows
what you need to
do about it, and my
presumptuous
advice will only
drive your soul
back into the wood.***

–Parker Palmer





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Summary

- Crisis situations
- Self-determination
- Local support services





Congratulations!
You did great!