



## Peer Support Program



What to expect from the  
Mental Health  
Peer Support Program

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## **The Peer Support Program**

People with mental health challenges can and do get better. When you work with a peer support worker and other recovery services, you can start to feel better and have more hope for your future.

### **Peer Support Program Principles**

People can recover and grow from their illness.

When we can speak to someone else who has a mental health challenge, we do not feel so alone.

Living, coping with, and recovering from a mental health challenge can be hard. We might feel alone and that others do not understand.

It is important to know that others have walked the same path that we are on and that they are now doing well. It can help our own personal recovery to talk to someone who has been there.

## **What Can I Expect From the Peer Support Program?**

You will be able to work with a peer support worker for 3 to 6 months.

You will have support in making and working on your personal goals.

Your peer support worker can help you get to know the people and places that might help you in your community.

Your peer support worker can meet with you on a regular basis to work on your goals and help you with your recovery from mental illness. You can start to build healthy relationships, try leisure activities and find ways to meet new people or get back into school or work.

Here are some ways that peer support workers can help you:

- Learn bus routes.
- Go to the clubhouse.
- Go out to lower anxiety.
- Use the library.
- Start a volunteer job.
- Talk to others and make friends.
- Be active.
- Find fun things to do.

## **Peer Support Workers**

- Have “been there”.
- Help you to make healthy choices.
- Help you build on your strengths.
- Are trained to support you to help yourself.
- Bring their own interests and skills to the job.
- Are part of the mental health team

### **How to start**

- You must be part of a mental health team.
- You must be 19 years or older.
- Talk to your mental health worker about a referral for peer support.

*Recovery starts with the awakening of hopes and dreams*