

campus
peer
support



Canadian Mental
Health Association
Mental health for all

Creating connections activity scenarios

For each scenario, please discuss how you would create connection with the student and what would be important to remember as a peer supporter.

Scenario 1:

A counselor asks you to meet one-on-one with a student. When you meet the student, they are clearly uncomfortable and they tell you that they actually don't want peer support

Scenario 2:

You are speaking with a student who shares that they have a "bad relationship with alcohol". They've decided to try to stop drinking for a little while. Later in the conversation, they mention that they're going to run some errands with a friend who needs to grab groceries and stock up at the liquor store for the weekend. The student also mentions that they're going to a party on the weekend.

Scenario 3:

A student comes in for a peer support appointment and they slowly start to share they are worried because they think their partner may be cheating on them. As they open up, it becomes clear to you that their partner is definitely cheating on them. You have been cheated on before and you went through hell. In the end, nothing worked until you finally broke up with your ex for good.