

campus
peer
support



**Canadian Mental
Health Association**
Mental health for all

Sharing experiences activity scenarios

For each scenario, discuss what is appropriate to share and how to best share lived experiences.

Scenario 1:

A peer you are just getting to know shares their struggles with alcohol and they indicate that they're looking for ways to control their drinking better. You have a long history with substance use and have developed some ways to stay safe.

Scenario 2:

A student shares they are worried that their partner may be cheating on them. You have been cheated on before and as you listen to their story, it definitely seems like the partner is cheating. You are painfully aware that the sooner you end it, the better, so you ask if they have considered ending the relationship and share your experience.

Scenario 3:

An Indigenous student you're supporting describes an experience where a professor shared that they were surprised that the student was doing so well, given that they are Indigenous. You have experiences of microaggressions at the school.