

Campus Peer Support Training Program

Day 2



Canadian Mental
Health Association
Mental health for all



Land Acknowledgement



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Agenda

01

Connection &
belonging

02

Effective
communication
skills

03

Situations
beyond peer
support



Check-In

Draw what you are feeling right now

- What colour and pen strokes or shapes best represent what you are feeling?
- What else are you feeling?
- What else do you need to add to the page right now?

Individual
activity

Connection & belonging



Connection scenarios

For each scenario, consider:

- How would you create connection with the student?
- What would be important to remember as a peer supporter?
- What else would you need to consider?

Individual
activity



Active listening



Physical Tips

- Lean forward
- Be as still as possible

Verbal Tips

- Use quick encouragements
“Uh huh, hmm, aha!”
- Repeat their words

Connection Tips

- Pause before speaking
- Notice emotions
- Ask good questions



Questioning techniques



What Examples

- What's going on?
- What would help?
- What's your next step?
- What support do you need?

How Examples

- How would you like to feel?
- How have you dealt with this in the past?

Why Examples

- Why do you think that?
- Why is that important to you?



Beyond peer support



Stress

- Reaction to certain situations/events
- Physical, emotional, mental response
- Normal part of academic life

Distress

- Sudden events that disrupt our routines
- Normal coping strategies may not be enough

Crisis

- Severe situation of distress
- Feeling not in control or thinking of suicide/self-harm
- Extra support is needed

Additional support

- Site Specifics
- Edit this slide with specific support resources/services available



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Summary

- Connection & belonging
- Effective communication skills
- Situations beyond peer support

