

# Campus Peer Support Training Program

## Module 1



Canadian Mental  
Health Association  
*Mental health for all*



# Land Acknowledgement



# Agenda

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**01**

Peer support overview

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**02**

Campus roles & responsibilities

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**03**

Personal strengths

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**04**

Peer support statements

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



# Fist to five

Share where you are at:

0 = So tired

3 = So so

5 = So ready

Group  
activity



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Part 1

# Peer support overview



# Never have I ever...

Discuss each situation and  
what would help you

Small group  
activity



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# Peer Support

*Providing non-clinical emotional and social support based on empathy, the belief in self-determination and the sharing of lived experiences to inspire hope and wellness*

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## Informal Peer Support

More like talking with your friends, sharing experiences

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## Formal Peer Support

Trained individuals with lived/living experiences & demonstrated wellness

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## Peer Mentoring

Intentional use of an individual's expertise to help someone else reach a goal



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Part 2

# Campus roles & responsibilities







# Roles & responsibilities

Discuss how each might respond

- Friend
- Counselor
- Peer supporter

Small group  
activity



# Campus programs

- ADD YOUR SITE DETAILS HERE



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Part 3

# Personal strengths



# Effective peer supporters

What are the top characteristics of an effective peer supporter?

- List your top ten characteristics
- Circle the top five ideas
- Pick your top three

Small group  
activity



# Personal strengths

How do **YOU** demonstrate those top strengths?

What do they look like in practice?

How do we recognize it in other? In ourselves?

Individual  
activity



Part 4

# Peer support statements





# Your peer support statement

Put it in your own words

Practice saying it out loud!

Individual  
activity



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# Summary

- Peer support overview
- Campus roles & responsibilities
- Personal strengths
- Peer support statements

