



**LET'S OPEN A DOOR  
TOGETHER**

## **How to get a referral**

You must be 19 years or older

Talk to your mental health worker  
(note we cannot take referrals online)

Visit our website for more information:

**[WWW.PEERSUPPORTCSC.COM](http://WWW.PEERSUPPORTCSC.COM)**

Where we will also have information about:

**Peer Support**

**Recovery resources**

**All groups available**

**Online group registration**

**PEER  
SUPPORT**

What to expect when receiving  
service from the  
Peer Support Program



**PEER  
SUPPORT**



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Best in health care.





# What Is Peer Support?



**RECOVERY STARTS WITH THE  
AWAKENING OF HOPES AND  
DREAMS**

## The Peer Support Program

Recognizes and models that mental health recovery is possible and achievable for everyone. Through working with your peer support worker and involvement in other recovery-focused programs, you can have a renewed sense of hope and expectation for your own recovery.

## Peer Support Program Principles

People can recover and grow from their challenges.

When we are able to speak to some-one else who has a mental health challenges, there is a sense of understanding and connection that occurs.

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

You will be able to work with a peer support worker for up to a maximum of 12 months.

You will have support in identifying and achieving your personal goals.

Your peer support worker can assist you in getting to know the resources available 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 health challenges. This is an opportunity to build healthy relationships, explore leisure activities, find ways to meet new people or get back into school or employment.

Some examples of goals that peer support workers can help with:

- Learning specific bus routes
- Connecting to the clubhouse
- Going out in public to reduce anxiety
- Learning to use the library
- Getting started with a volunteer job
- Practicing social conversation
- Helping you become physically active
- Exploring a new leisure activity

## Peer Support Workers

Are people who have “been there”

Support you to make the best choices for your personal wellness

Help you build on your personal strengths

Have taken specific training for the job in addition to their personal experience

Have their own individual interests and skills that they bring to the job

Work in the mental health system. They are a part of the team that can support you at the mental health centre

Living, coping with, and recovering from a mental health challenges is a difficult process. One can feel very alone and misunderstood. It is inspirational to know that others have walked the same path that you are on and are now doing well. It can help one’s personal recovery to have someone to talk to who has been there.

