



Peer Support for **HEALTHCARE WORKERS**



WHY?

Working in healthcare has taken a toll on the health and well-being of workers. Peers understand the challenges and can be a valued source of support.



BE PART OF THE CHANGE

We are looking for volunteers to be part of a new national mental health and peer support app.



WHAT'S INVOLVED?

3 days of free training and commitment to two three-hour shifts per week until Dec 31st, 2023.



WHEN?

Training dates in April/May/June. Peer support service from May 1, 2023- December 31, 2023.

If interested, please apply here:
<https://forms.gle/aSih6XJossu4BSsca>

This study has been reviewed by the Hamilton Integrated Research Ethics Board Project #14740

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