

“Peer Support”



Defined:

A supportive, recovery-oriented relationship between individuals who share similar lived or living experiences, offering social, emotional, spiritual, and instrumental support.

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“Peer Support”



Unique Qualities of Peer Support:

Quality	Description
Basis for Peer Support	Shared lived or living experiences including physical/mental health, workplace, housing, finances, grief, and loss.
Delivery Methods	One-to-one or group settings; some combine both.
Training for Peer Supporters	Basic counseling techniques, theory, and relevant field training supplement the expertise gained from lived experience.
Examples of Peer Support Groups	Operational Stress Injury Social Support (OSISS), Alcoholics Anonymous (AA), among others.

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Limitations of Peer Support:

- A.** Peer support is not a substitute for professional care. It is important to familiarize yourself with other supports available to you and to seek professional help if you are feeling overwhelmed. Peer support is often coupled with professional care.
- B.** Peer support can be demanding and traumatizing for the peer supporter - it is important that peer supporters set boundaries and have supports of their own to debrief and check in on their wellbeing.

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“Peer Support” is a beneficial addition to Glossary 3.0



Peer support groups in Canada typically function autonomously, each with its own set of operating procedures. While some organizations adhere to strict training and protocols such as those provided by Peer Support Canada, others do not. Recognizing the need for a standardized approach to peer support nationwide, specific to PSP, the Peer Support Community Network (PSCN) is engaging in discussions to develop guidelines that would establish a consistent standard across the country.

Including the definition of peer support in the Glossary 3.0 is part of the effort to provide a clear understanding of what peer support involves and to identify the best evidence-informed practices.

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Peer Support - Resources & Programming



**Public Safety
Personnel**

**Healthcare
Professionals**



PeerOnCall

PSP MENTAL HEALTH 🍁



Resilient Minds™

**BEYOND
SILENCE**

Goal

Provide support toward positive
mental health & wellbeing

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Sources

Heber A, Testa V, Groll D, Ritchie K, Tam-Seto L, Mulligan A, Sullo E, Schick A, Bose E, Jabbari Y, Lopes J, Carleton RN. Glossary of terms: A shared understanding of the common terms used to describe psychological trauma, version 3.0. Health Promot Chronic Dis Prev Can. 2023;43(10/11). <https://doi.org/10.24095/hpcdp.43.10/11.09>

Sunderland, Kim, Mishkin, Wendy, Peer Leadership Group, Mental Health Commission of Canada. (2013). Guidelines for the Practice and Training of Peer Support. Calgary, AB: Mental Health Commission of Canada. | Retrieved from: <http://www.mentalhealthcommission.ca>

**IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER,
PLEASE CALL 9-1-1.**

More resources:

Talk Suicide Canada: 1-833-456-4566 (or text 45645 from 4pm to midnight ET)

For Quebec residents: 1-866-APPELLE (277-3553)

Hope for Wellness Helpline for Indigenous peoples: 1-855-242-3310

Trans Lifeline: 1-877-330-6366

Wellness Together Canada

Mental health support: Get Help

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Glossary of Terms

Background

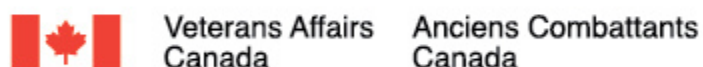
The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and other stressors.

The initial iteration of the glossary was intended to:

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and,
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

COLLABORATING

The Glossary of Terms brings together a diverse, multi-institutional, pan-Canadian group of academics, clinicians, and policy makers. Together, we are working towards a broadly accepted set of terms for clinicians, scientists, policymakers, people with lived experience, and the general public.



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