

Mental Health Workplace-based Peer Support Program

A confidential and non-clinical
service to support employees coping
with mental health issues.



Mental Health

A healthy and respectful workplace.
It's everyone's responsibility.

**Have you noticed upsetting
changes in your mood
and/or behaviour?**



Do you feel overwhelmed?

Contact a peer supporter for a confidential
conversation in a safe space. Talking with someone
who has gone through something similar can help
you cope with a difficult or stressful situation.

**TALKING TO
A PEER SUPPORTER
CAN HELP YOU**

realize that you're not alone in
feeling this way and that there
is hope for recovery

develop a new narrative to
explain to others what you
are going through

increase your sense of belonging

lessen the feeling that
you're losing control

increase your self-confidence

And more ...

**Sincere and dedicated
peer supporters**

Peer supporters are ESDC employees who:

- ▶ have been through a mental health situation and recovered
- ▶ have volunteered to support their colleagues
- ▶ successfully completed the mandatory peer support training

It's confidential

Your name and the details of your conversations
and interactions with a peer supporter
are strictly confidential.

**We're here to listen
without judgment!**

Find a peer supporter

Visit iservice.prv/peerBio to consult peer
supporter biographies and find contact information.

EMAIL



PHONE



SKYPE



We care
We listen • We help

