

Free Peer Support Training

The Peer 2 Peer Wellness program provides two levels of training to people who are successfully learning to cope with their own mental health challenges. The first level is a 30-hour course that builds on your communication and interpersonal skills. The second level of training is a 20-hour orientation focused on developing skills that will assist you in your role as a peer supporter. We cover topics such as roadblocks to communication, help vs. support, suicide awareness, peer support as a career and the Wellness Recovery Action Plan.

Daytime training sessions are held at PSO. There are no written tests. Learning is achieved through hands-on activities and discussions. The training is free with lunch and bus tickets provided. [Our next training starts April 2012.](#)

People who successfully complete the two levels of training may be matched with an in-patient of the Royal Ottawa Mental Health Centre. The role of the Peer Supporter is to provide an understanding ear and encouragement within a friendly relationship based on mutual trust and respect. Peer Supporters also engage their peers in activities that foster reconnection such as going out for lunch, seeing a movie or concert, playing sports or meeting for coffee.

Frequently Asked Questions

How much does this job pay?

This is a volunteer position. You and your peer will share a \$50 monthly allowance to help cover the costs of your meetings. This work, like most volunteer jobs, will reward you in other ways. As well, peer support is a growing movement in mental healthcare with paid positions opening up in this field.

How much time do I have to put in?

Training is made up of ten classes (50 hours), 10:30am to 4:00pm, which includes a one-hour lunch and afternoon break. Classes are held Tuesdays and Thursdays. Once you've been matched with a peer, you are expected to meet with them for at least one hour a week for six months.

How do I become a Peer Supporter for Peer 2 Peer Wellness?

If you have faced challenges to your mental health and feel well enough to support a peer, call (613) 567-4379 ext. 25 or 26. During the training process or peer support work you may be confronted with issues that may hit close to home and shake you up. Ask yourself if you're ready. It's perfectly okay just to take the first level of training to learn more about peer support and decide if it's something you wish to explore further down the road.



Psychiatric
Survivors
of Ottawa



A partnership between Psychiatric Survivors of Ottawa and the
Royal Ottawa Mental Health Centre

Program Information for Peer Supporters

Peer 2 Peer Wellness



*Sharing
the
Recovery
journey*

Have you faced challenges to your mental health?

Congratulations! No "sane" person could have handled what you experienced. Your mental, physical, emotional and spiritual being was put to the test, but you managed to come out on top--you survived.

Now, imagine what it would have been like if you'd had a peer supporter to call on—someone who had gone through the mental health system and was willing to listen to your story; a confidant who could offer encouragement as you slowly stepped back into society; someone to reassure you that you're not alone. **Are you at a stage where you could be that someone? If so, please read on.**

"A treatment plan based on hope is essential. People cannot recover without hope."
--Progress Report to the Change Foundation
www.psychiatricsurvivors.org/Final_Report.pdf

Funded by the:



Would you like to use your experience to help someone else recover?

Welcome to Peer 2 Peer Wellness, a program that values your experience as a survivor able to accompany a peer as they move back into the community and build their own recovery. Peer support is a proven tool in the recovery process. As a survivor, you have much to offer a peer in their journey to wellness.

"Peer Support has a healing power that can lift, guide and root people who have mental health issues."
--Progress Report to the Change Foundation.
www.psychiatricsurvivors.org/Final_Report.pdf

How Peer 2 Peer Wellness works

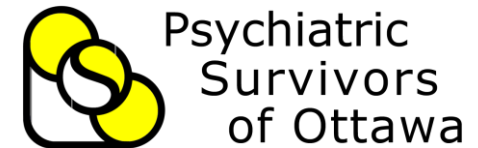
We provide you with free peer support training, match you with a peer from the Royal Ottawa Mental Health Centre, and supply an honorarium to help support weekly meetings with your peer. You and your peer will also have additional assistance from two peer support coordinators and regular meetings with other peer supporters.

Wellness Recovery Action Plan (WRAP) classes are also available to peer supporters and their peers to provide additional recovery tools.

Peer 2 Peer Wellness

- Offers peer support training
- Supports recovery
- Builds listening and communication skills
- Helps maintain personal wellness and achieve goals
- Matches based on who the person is—not their diagnosis

For more information, contact
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