

What is a Peer Support Worker?

We are people who have experience receiving mental health services. We are in the process of living with and beyond our illness.

Because we have 'been there', we understand what it is like. We are in a unique position to offer hope and share insights, strategies, and knowledge about resources.

How do I get a Peer Support Worker?

We work in all the community mental health centres in Vancouver. We also work in the following places:

- Vancouver General Hospital
- Older Adult Rehabilitation Program
- Venture
- Early Psychosis Intervention Team
- Gastown Vocational

Services

If you would like to have a Peer Support Worker, talk to your worker.



For more information:
spotlightmentalhealth.com/peer-support
peerwork.wordpress.com
2024

Would You Like to Have a Peer Support Worker?



Support from Someone Who Knows



Vancouver Mental Health & Substance Use
Services - Peer Support Program

What do Peer Support Workers do?

We help you step by step to reach the goal you have set for yourself. The support we provide can be quite varied. It all depends on your goal.

You pick the goal.

Examples of what we do:

- Help you explore the neighbourhood and learn what your neighbourhood has to offer.
- Support you in building confidence in taking the bus and the SkyTrain.
- Attend a fitness class with you as you work toward adding a new healthy routine to your life.
- Something totally different, that you have come up with and helps you reach the goal you have set for yourself.

How long would I work with a Peer Support Worker?

We work with you until you have reached your goal. Usually, this takes 3 to 6 months, but it could last as long as a year.

Then we all celebrate your success!



I decided to create a logo symbolizing Peer Support and recovery, using the image of two individuals about to embark upon a path. Since recovery is a challenge and often hard work, the path leads all the way up a mountain. A Peer Support Worker can help one navigate the way and as a peer is also learning from the experience. Peer Support Workers, by their dedicated labour, are role models providing hope that one can climb the tall mountains of life's challenges, one sure step at a time.

~ Anna Goritsas

What kind of training do Peer Support Workers have?

Each of us has graduated from training that includes classroom work, an exam, and real-life practice.

We work as part of your mental health team. We have been trained in areas such as:

- Keeping your personal information private and within the team (confidentiality)
- Learning about our approach to recovery
- Setting a goal
- Practicing communication skills
- Working with people from varying backgrounds and cultures
- Locating community resources
- Exploring opportunities for recreation and fun
- Placing limits on our relationship
- Learning about mental health and addictions
- Taking action when someone has a hard time coping
- ...and much more