



What is Peer Support?

Self Help & Peer Support

What is peer support?

“Peer support is a supportive relationship between people who have a lived experience in common” (Mental Health Commission of Canada, 2013).

Peer supporters have actively encountered a mental health and/or substance use issue and intentionally share parts of their lived experience and recovery journey in their role as a volunteer or staff person. Through sharing lived experiences an authentic, empathetic relationship is created between the peer supporter and the person supported, providing connection and nurturing the hope necessary for recovery.

How does peer support help people?

Studies tell us that accessing peer support leads to:

- Reduction in symptoms
- Decreased substance use
- Development of coping and interpersonal skills
- People feeling more empowered and hopeful
- Improved daily functioning and quality of life
- Improved social functioning and expanded social networks
- Fewer and shorter hospitalizations and a reduced need for

intensive mental health services

- Increased satisfaction with treatment and better communication

with care providers

Accessing peer support

Self Help & Peer Support Recovery Centres are located at CMHA Waterloo Wellington offices in Kitchener, Cambridge, and Guelph, offering:

- Peer support groups that bring people with a common lived experience together to share coping skills, foster hope, and learn about resources. There is no registration required to attend peer support groups. People are welcome to walk in and join a group that interests them. See our group calendars at cmhawwselfhelp.ca.
- One-to-one peer support provided by trained staff and volunteers
- Occasional off-site and evening groups
- Other services such as volunteer opportunities and our Entrepreneurship, Advocacy, and Spark of Brilliance programs. Learn more at our website.

Peer support throughout the mental health and addictions system:

- Self Help & Peer Support’s Centre for Excellence in Peer Support works with other CMHA departments and external service providers to implement, provide support, and train peer workers in various settings.



SELF HELP & PEER SUPPORT

Contact Information & Site Locations

To learn more about Self Help & Peer Support, you can call our administrative office at **(519) 570 4595** or reach out to any of our site locations below.

You can also visit our website: www.cmhawwselfhelp.ca

Cambridge

9 Wellington Street
Cambridge ON N1R 3Y4
P: (519) 623 6024
TF: 1 (844) 264 2993

Guelph

207-147 Wyndham Street N.
Guelph ON N1H 4E9
P: (519) 763 4014
TF: 1 (844) 264 2993

Kitchener

67 King St. E.
Kitchener ON N2G 2K4
P: (519) 570 4595
TF: 1 (844) 264 2993

Privacy

At CMHA WW, your privacy is paramount. To learn more about our privacy policies, visit:

www.cmhaww.ca/privacy



Canadian Mental Health Association
Waterloo Wellington

Association canadienne pour la santé mentale
Waterloo Wellington