

# PEER SUPPORT PROGRAM GUIDE

WELLNESS DESIGNED FOR YOU

A practical guide designed to help employees support one another, strengthen workplace relationships, and foster a culture of connection and well-being.



YOUR GO TO

## PEER SUPPORT PROGRAM GUIDE

Encouraging peer connection and creating a supportive workplace culture.

### WHAT IS PEER SUPPORT?

Peer support is confidential, non-judgmental support that is given by colleagues who listen, encourage, and help each other deal with challenges at work and in life.



### WAYS TO SUPPORT A COLLEAGUE

- Listen without judgment
- Show empathy and validate feelings
- Respect confidentiality
- Offer encouragement and check in



### WHEN TO REACH OUT

- Feeling overwhelmed or stressed
- Experiencing workplace challenges
- Going through personal or family difficulty
- NeedS someBODY to talk to



### BUILDING A SUPPORTIVE WORKPLACE

- Check in regularly with each other
- Encourage open & honest communication
- Promote respect and psychological safety
- Connect colleagues to resources



### ADDITIONAL RESOURCES



#### EMPLOYEE ASSISTANCE PROGRAM (EAP)

Free, confidential support for you and your family. Check with your HR department for details.



#### WORKPLACE STRATEGIES FOR MENTAL HEALTH

Practical tools & resources to support mental health in the workplace  
[workplacestrategies.ca](https://workplacestrategies.ca)



#### CRISIS SUPPORT

If you are in crisis, call or text 988 (24/7) or visit [crisiservices.ca](https://crisiservices.ca) for support in Canada.

