

Supporting Your Peers.

We all have troubles from time to time. As a peer leader, you are in a unique position to help and support your peers when they might be having a hard time.

Here are some signs of distress or harm that you should be aware of, so that you can help your peer to get the help they need:

- ! **Changes in usual behaviour/appetite/moods**
- ! **Relationship/friendship breakdowns**
- ! **Disengagement from normal activities**
- ! **Increase in dangerous or risky behaviours**
- ! **Lack of energy or changed sleeping patterns**
- ! **Appearing withdrawn or other physical changes.**



What should you do if you have concerns for someone's health or wellbeing?

- Speak to the person, letting them know you're concerned for them
- Offer support and an ear to listen if they want to talk
- Respect their privacy and keep conversations confidential
- Be prepared to direct them to evidence-based information or support services
- Refer to the program policies and procedures for steps to take when information is disclosed
- Speak with the program coordinator for further support if needed.



It is also important to look after your own mental health when helping others. If you are concerned, please speak with your program coordinator or seek help through support services listed in the program policies and procedures.

