

This is National Addictions Awareness Week

Did you know that people living with mental health and addictions can support one another?

What is Peer Support?

- Peer support is created through a trusting, equal and empowering recovery-oriented relationship between two individuals who share a similar experience (Hayley Peek Consulting)
- It is proven to compliment clinical and medical services to provide better outcomes for individuals, families, and their communities (CMHA Connect)

Benefits of Peer Support

- Considers the wellness of the whole person and focuses on health and recovery rather than illness and disability
- Provides social connection and support
- Creates a safe space for ongoing engagement of peers and participants
- Peer support programs are available for a wide range of health conditions, including chronic disease, mental health and addiction, cancer, and diabetes (Evidence Exchange Network)

Local Peer Support Resources (funded or voluntary contributions):

- Simcoe Peer Support (People Supporting People – PSP)
- CMHA SCB Peer Support Services
- 12 step programs such as: Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Gamblers Anonymous (GA)

We see what we want to see...

See that peer support can be a powerful tool in navigating addiction and mental health treatment by connecting with people who support, understand, and accept you!

To get help for you or someone you care about, call 1-866-531-2600 or go to ConnexOntario.ca. Many services ARE free and help IS available.

Brought to you by the Simcoe Muskoka Addictions Awareness Week Committee:

Canadian Mental Health Association, Simcoe County Branch

Georgian College

Waypoint Centre for Mental Health Care

Wendat Community Programs

Barrie Housing



References:

CMHA Connect (Intranet Organization and News)

Simcoe Peer Support : www.mentalhealthandaddictions.com or call (705)444-1844

<https://hayleypeek.com/pages/peersupport>