



What is Peer Support?

Self Help & Peer Support

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“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 challenge and intentionally share parts of their lived/living experience and recovery journey in their role as a volunteer or staff person. Through sharing lived/living 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 drop-in peer support groups. People are welcome to walk in and join a drop-in group that interests them. See our group calendars at <https://cmhaww.ca/services/self-help-peer-support/>
- Short-term one-to-one peer support provided by trained staff and volunteers, for individuals attending at least one group.
- Some evening groups and occasional off-site groups.
- Other services such as volunteer opportunities and our Entrepreneurship and Spark of Brilliance programs. Learn more at our website. <https://cmhaww.ca/services/self-help-peer-support/>

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) 763-4014 ext. 4055** or reach out to any of our site locations below.

You can also visit our website:

<https://cmhaww.ca/services/self-help-peer-support/>

Cambridge

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

Guelph

80 Waterloo Ave.,
Guelph ON N1H 0A1
P: (519) 763 4014
TF: 1 (844) 264 2993

Kitchener

55 King St. W – 2nd Floor
Kitchener ON N2G 4W1
P: (519) 570 4595
TF: 1 (844) 264 2993

Privacy

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cmhaww.ca/privacy



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington