

What is Peer Support?

Peer Support acknowledges that individuals living with mental illness and their families can better understand and relate to others who are trying to deal with their own mental illness and/or that of a family member or friend.

All staff and Volunteers working within Patient and Family Collaborative Support Services share the lived experience of mental illness and/or addiction, and/or of being a family member.

Our goal is to provide the best individualized support which meets the needs of our peers.

Self-referrals are accepted.

Peer Support Providers

A range of supports are offered to individuals who are currently using the services of either our inpatient or outpatient mental health and addiction services.

One-to-one peer support occurs through role modeling, listening, problem solving, facilitating access to other peer driven services within the program and supporting transition to the community upon discharge.

Group peer support is offered through self-help or mutual aid group facilitation.

Peer Support Family Liaison

A range of supports are offered to family and friends of persons living with mental illness who are using, or have used, our inpatient and outpatient services. Drawing on lived experience as a family member, the Liaison Worker can meet with family and friends to discuss their needs, help them to access essential resources and provide one to one peer support.

Mental Health & Wellness Resource Centre

Provides easy access to reliable mental health, addiction, and recovery related information. Resources are available in a variety of formats including print, video, DVD and audio, along with access to the Internet.

The Peer Support Council

Consists of in, out and ex-patients of St. Joseph's Mental Health and Addiction Program. Council members sit on a range of committees both within and outside the hospital setting. The Council provides individuals with a vehicle to give input into policy and program change. In addition the Council supports opportunities for individuals to access information, education and support regarding choices, self advocacy, peer support and political awareness.

The Family Advisory Council

Consists of Family Members of Patients (former and current) of St. Joseph's MHAP. The Council provides: a vehicle for communication between families and staff; a venue for families to give input into policy and program change and; a safe venue for families to have input where their families have been/are receiving care.