



Peer Support for **HEALTHCARE WORKERS**



WHY?

The pandemic has taken a toll on the health and well-being of healthcare workers. Peers understand the challenges and can be a valued source of support.



BE PART OF THE CHANGE

We are looking for volunteers to be part of a new national mental health and peer support app.



WHAT'S INVOLVED?

3 days of free training and commitment to one 6-hour shift per week for 3 months.



WHEN?

Training dates in September/October. Peer support service from November 1, 2022-January 31, 2023.

Sponsored by



Public Health
Agency of Canada

Agence de la santé
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If interested, please contact us at beysilen@mcmaster.ca