



# ***PEER SUPPORT PROGRAM***

The Can-Help Peer Support Program is a service of the Canadian Mental Health Association, Fort Frances Branch. This service is free of charge and available throughout the Rainy River District.

## **WHAT IS PEER SUPPORT?**

Peer Support is a program in which people, who have personal experience receiving mental health services, help support other adults with mental illness to work on their own recovery. We promote RECOVERY and most importantly, we can provide HOPE.

## **WHO ARE PEER SUPPORT WORKERS?**

Peer Support Workers are people who have experienced mental illness themselves and are now in recovery. They understand a lot of what you are going through because they have been there themselves. Peer Support Workers have taken specific training for the job, in addition to their personal experience and have their own individual interests and skills that they bring to the job.

## **HOW A PEER SUPPORT WORKER CAN HELP YOU?**

A Peer Support Worker can meet with you on a regular basis in your home or in the community to support you with your goals and help you with your journey to recovery from mental illness. This is an opportunity to build healthy relationships/support networks, explore leisure activities, find ways to meet new people or get back into school or employment. We provide systems advocacy services, referrals/linkages to community agencies and information on current government policies and your rights.

## **WHERE IS THE PEER SUPPORT PROGRAM?**

Can-Help Program  
Canadian Mental Health Association  
414 Scott Street • Fort Frances, ON • P9A 1H2  
Contact Person: Chris Hayes, Peer Support Worker  
274-9400 ext. 6  
Toll Free Number: 1-888-813-6503 ext. 6  
Email: [chayes@cmhaff.ca](mailto:chayes@cmhaff.ca)



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