



Mental Health Services  
of Renfrew County

*Wellness within Reach*

# Peer Support

*“Even the darkest night will end and  
the sun will rise.”*

-Victor Hugo, Les Miserables

Peer Support is offered by those who share a common experience with mental health recovery. Peers draw from their experience to connect and offer comfort and support to those who may be on their journey to recovery.

Because hope is the starting point from which a journey of recovery begins, Peer Support can inspire hope and demonstrate that recovery, while unique for everyone, is possible. Recovery is about people rediscovering a quality of life in their community while striving to achieve their full potential.

Mental Health Services of Renfrew County is proud to count, as part of its staff, a number of Peer Workers involved in several programs.

## How can Peer Workers Help?

### Peer Support is about:

- Inspiring hope
- Listening
- Promoting one's confidence and sense of equality
- Encouragement in making personal choices and decisions
- Providing information from personal experience
- Supporting the development of a recovery plan before leaving in-patient care or from the community
- Accompaniment and support during medical or other community outings



The Peer Support Worker is part of the support team in a non-clinical role.

*Mental health recovery is a personal journey toward  
a sense of wellbeing, meaning and purpose in life.  
The journey is unique for every individual and each  
person's vision of recovery is their own.*

## Resources:

- 211 Ontario- Community Services Information Line

## Useful Links:

- <http://ontario.cmha.ca>
- <http://www.ourhealthyminds.com>

Contact Our Peer Support Workers:  
(613) 732-8770 ext. 8206

Learn More About How We Can Help  
613-732-8770 or 1-800-991-7711

Mental Health Crisis Line-24/7  
1-866-996-0991

- <http://www.choicesinrecovery.com/strategies>
- <http://www.ementalhealth.ca/>