The Peer Support Journey

NHS Greater Glasgow and Clyde

Peer Support

1

I am interested in being a Peer Supporter and/or would like to have Peer Support in my area.

2

Find out more about Peer Support through the following resources:

- Visit Peer Support Network – NHSGGC
- Visit Peer Support: National Wellbeing Hub
- Contact **peer.support@ggc.scot.nhs.uk**

3

- Discuss setting up Peer Support in your area with your manager and/or team and identify people (yourself and/or others) who are interested in becoming trained Peer Supporters.
- To help your discussion, use the information above by clicking on the links in Box 2.

4

Once you have your manager's approval please register for Peer Supporter training by contacting **peer.support@ggc.scot.nhs.uk** for booking links.

5

Complete the 'Looking after Yourself and Others' eLearning module (Level 1) then attend the one-day Peer Support training (Level 2) course which will give you all the information and skills you need to begin offering Peer Support to your colleagues in your area.

6

Once trained you will receive on-going support including:

- The Peer Supporter Toolkit
- Monthly Reflective Practice Sessions
- Quarterly Skills Practice Sessions
- 1:1 support from the Occupational Health Psychologists
- Peer Support Networking Events

To find out more, please visit the Peer Support Network webpage by scanning this QR code

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