

# PEER SUPPORT



The Faculty Wellness Program is here to offer assistance to help you plan and implement peer supports.

We also provide counseling services and can connect you with additional resources.

613-562-5800 ext. 8507  
[wellness@uOttawa.ca](mailto:wellness@uOttawa.ca)

## Connectedness as antidote for anxiety and stress

In this time, it is crucial that we create and nurture a culture that promotes connectedness, safety, and trust.

- Colleagues & physicians want to talk to their peers.
- Easily available, but needs intention.
- Starts with a simple check in.
- You already have the necessary skills.
- Invaluable, could save a life.
- Not about fixing or rescuing colleagues but meeting them where they are.

## Choose the format that suits your group or team

(Click the link to learn more)

[Be a Peer Support](#)

[Online Peer Support Groups](#)

["Buddy Up" Check-in system](#)

[Build a culture of peer support](#)



*The solidarity of a group provides the strongest protection against terror and despair, and the longest antidote to traumatic experience.*

– Judith Herman, 1997



**Faculty of Medicine**

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