


# Peer Support Phase Two



 Do you feel stressed at work?

 Do you need someone to listen?

 Do you need to just vent?



Peer Support is here. . .



Peer Support, as an option to support wellbeing for staff, has been successfully operating in a variety of different teams, lead by colleagues within those teams, since April 2022.

We are now trialling an expansion of the Peer Support offer, from our pool of skilled and dedicated Peer Support from a range of different departments, to wider ARI colleagues.

Location of peer supports will be linked to need and will be advertised from the 15th January 2024- however any staff member can access.

## What is Peer Support?

- Early emotional support or “psychological first aid”
- Provided by upskilled health care professionals.
- For support due to stressful events at work or personal stressors impacting on your work life
- Peer support is not a counselling or mentoring service

## How does it work?

- Peer supporters offer confidential, informal support to colleagues
- They have completed peer support training and are part of a Peer Support Network of good practise.
- They are great listeners and can signpost to further support/ resources

To contact a Peer Supporter:  
Speak to them directly in person or contact our generic email [gram.peersupportari@nhs.scot](mailto:gram.peersupportari@nhs.scot)

This email is monitored 8-4pm Mon-Fri