



# PEER SUPPORT PROGRAM

The OUM Peer Support Program is a new student-led initiative to support students' mental health and well-being throughout their medical school journey. It will allow students to discuss topics and issues in a confidential and safe environment. The Peer Support Program is part of OUM's Mental Health & Well-Being Approach, under the leadership of Student Mental Health Ambassador, Junaid Minhas, Graduate Mental Health Ambassador, Dr. Brownie Tuiasosopo, and Faculty Sponsor, Associate Dean A/Prof. Nicolette McGuire with support from OUMSA.

Peer Support Facilitators are the cornerstone of the program. Once selected, Peer Support Facilitators will be trained to guide their peer interactions and provide appropriate support assistance. If possible, students will be matched with Peer Support Facilitators in their state/country of study who will provide assistance through both the pre-clinical and clinical phases of study.



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# WHAT WILL THE PEER SUPPORT PROGRAM COVER?

Peer Support Facilitators will be available to listen and provide support on various issues faced by students, including but not limited to:

- Mental health and well-being
- Feelings of stress or inability to cope
- Listening to the struggles of a medical student
- Burnout
- Personal issues impacting studies or clinical rotations
- Questions regarding study plans and support
- Clinical debriefing
- Mental health crisis and support
- Referral to independent mental health support services, where appropriate
- Building connections, networking, or just simply being able to have a chat with a fellow student or graduate

## DESIRABLE CRITERIA

- Previous experience in mental health counseling or peer support
- Previous work in mental health clinical or non-clinical environments (e.g. psychology, mental-health-related role, social work, disability services, etc.)
- Previous tertiary education or qualification(s) in mental-health-related fields

## ROLES AND RESPONSIBILITIES / CRITERIA FOR SELECTION

We welcome applications from a culturally and linguistically diverse and ethnic background that reflects the diversity of OUM's student body. In addition, we seek Peer Support Facilitators who are or able to:

- Be an active listener who is able to demonstrate empathy, patience, and good communication skills
- Engage with students and develop trusting and professional relationships
- Provide emotional support to students by sharing their own life and student experiences
- Work as a team of peer support workers aimed at promoting the student body's mental health and well-being
- Actively listen, consult peers, and communicate proactively
- Engage with a wide range of people from diverse backgrounds and provide compassionate support with respect and dignity
- Be willing to undergo training to develop peer support skills and knowledge
- Contribute and engage in student-led activities that promote mental health, such as social events, Zoom sessions, and develop resources/presentations accessible to students



THE INFORMATION PUBLISHED IN THIS DOCUMENT IS CORRECT AT THE TIME OF PRINTING (1 JANUARY 2023).  
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