



PEER SUPPORT PROGRAM

The OUM Peer Support Program is a student-led initiative to support students' mental health and well-being throughout their medical school journey. The Peer Support Program allows students to discuss topics and issues with a trained peer in a confidential, non-judgemental, and safe environment.

The Peer Support Program is part of OUM's Mental Health & Well-Being Approach, under the leadership of Student Mental Health and Well-being Lead, Junaid Minhas; Graduate Mental Health and Well-being Lead, Dr. Brownie Tuiasosopo; and Faculty Sponsor, Associate Dean A/Prof. Nicolette McGuire, with support from OUMSA.

Peer Supporters are the cornerstone of the program. Peer Supporters are trained to provide appropriate support and assistance and to guide their peers toward positive solutions to many issues. OUM students may connect with Peer Supporters, who are fellow students in different stages of the program located within their state/country, to receive assistance throughout both the pre-clinical and clinical phases of study.



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WHAT DO PEER SUPPORTERS DO?

Peer Supporters are 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

WHO ARE OUM'S PEER SUPPORTERS?

- Reet Dhaliwal, Clinical Student
- Walter Ikealumba, Clinical Student
- Junaid Minhas, Clinical Student
- Tasnia Rafi, Clinical Student
- Justin Wong, Pre-clinical Student

To connect with a Peer Supporter, email: peersupport@oum.edu.ws

INTERESTED IN BECOMING A PEER SUPPORTER?

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 Supporters who:

- Are active listeners 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 Supporters who promote the student 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
- Lead, contribute to, and engage in student-led activities that promote mental health (social events/ Zoom sessions, resources/presentations accessible to students)

For information or to apply, email: peersupport@oum.edu.ws



THE INFORMATION PUBLISHED IN THIS DOCUMENT IS CORRECT AT THE TIME OF PRINTING (27 APRIL 2023).
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