

## IS PEER SUPPORT THE RIGHT FIT?

**Our goal is to ensure that young people are meeting with the right people with the right skills!**

**Peer Support may be helpful if...**

- Traditional clinical approaches haven't worked, or are intimidating
- you want to share and connect with "someone who gets it"
- you're not sure where to start

**Peer Support may not be the right type of service if...**

- You need medical care or medical information
- You need help for complex mental health or substance use concerns
- You need help urgently and are in crisis!
- You're looking for help with employment, finances, housing or other social services

## ABOUT KICKSTAND

Kickstand is Alberta's integrated youth mental health hub initiative. Kickstand is aimed at facilitating the alignment of services and programs in a manner that empowers young people, their families and caregivers to access wholistic, recovery oriented, developmentally designed care under one recognizable and easily accessible location.

Kickstand Hubs aim to provide services across 6 different streams.

- Mental Health
- Substance Use
- Physical and Sexual Health
- Peer Support
- Indigenous Wellness Services
- Social Services

## CONTACT US

Have questions or want to get connected? Email us at [hello@mykickstand.ca](mailto:hello@mykickstand.ca)

**If you or someone you know need immediate help call 9-1-1**



*LET'S TALK ABOUT*

# PEER SUPPORT



# WHAT IS PEER SUPPORT?

Peer support is about connecting with someone who has **lived or living experience** of mental health, substance use, or other life challenges.

**Nothing has to be “wrong” to talk to a peer!** Peer support is about sharing what you’re excited about, proud of, or curious to explore.

Peer support has a long history rooted in advocacy and transforming care. It humanizes mental health services and making sure all lived experience is valued as expertise.

At Kickstand, peer support is seen in 2 different ways; **formal** and **casual/informal**.

## FORMAL PEER SUPPORT

Formal **Peer Support Workers** deliver services through:

- 1-on-1 private sessions
- Facilitated groups with other youth

## CASUAL/ INFORMAL PEER SUPPORT

Peer support provided by a **friend, family, caregivers, volunteer** or **other peers**.

## WHO IS IT FOR?

Young people (11-25 years old) in Alberta who are navigating mental health or substance use concerns.

# PEER SUPPORT VALUES

- 1 Shared living or lived experience
- 2 Belief in your own skills, ability, and decision making!
- 3 Real and authentic connection with shared support and respect
- 4 No judgement or pressure

## ABOUT PEER SUPPORT WORKERS

At Kickstand, Peer Support Workers are trained to practice peer support ethically, safely, and in line with leading practice.

- Paid Employees
- Trained through multiple programs
- Safe and Confidential
- Safety measures - duty to report

Peer Support Workers cannot provide medical advice or care, and may suggest one of Kickstand’s other service streams!

MYKICKSTAND.CA | @MYKICKSTANDCA

# PEER SUPPORT SERVICES

- FREE - No Cost
- Safe and Confidential
- Low Barrier
- No Healthcare ID needed

## Walk-In

Visit a Kickstand hub to access a 1:1 in-person appointment with a qualified Peer Support Worker!

## Virtual

Visit our website ([mykickstand.ca](https://mykickstand.ca)) or scan the QR code to **learn more** or **make a virtual appointment**.

