

PEER SUPPORT AT EPI

PEER SUPPORTS AT EPI HAVE EXPERIENCED THEIR OWN PSYCHOSIS AND RECOVERY JOURNEYS

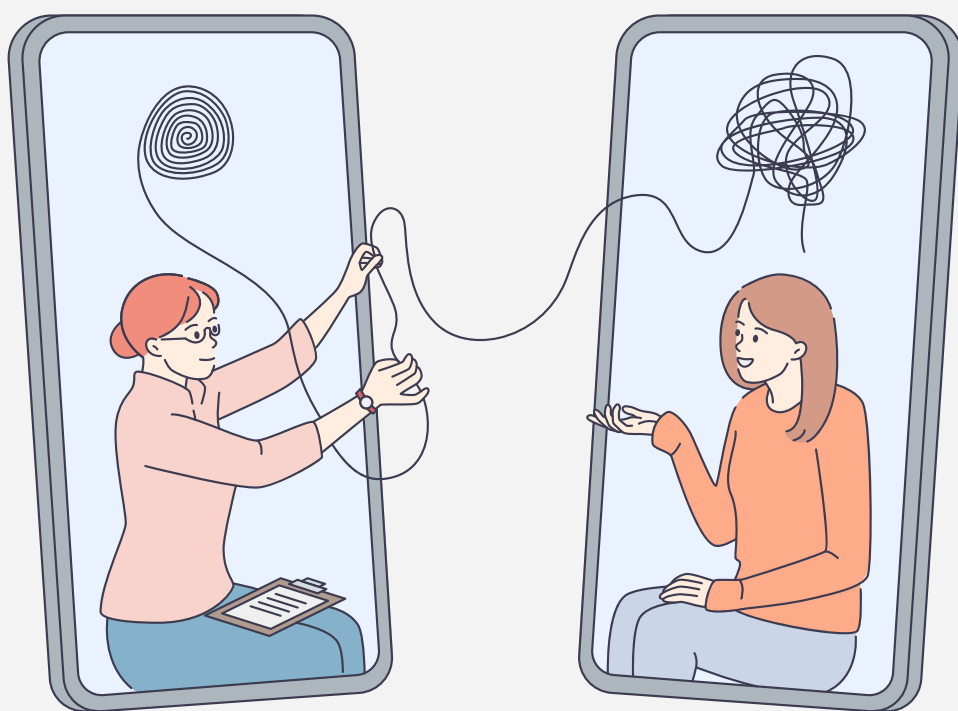


Peer support can connect 1:1 and also facilitate groups. They are happy to share about their lived experiences and engage with clients' interests over something as simple as a walk and a talk.



PEER SUPPORT IS A SYSTEM OF GIVING AND RECEIVING HELP, FOUNDED ON KEY PRINCIPLES OF RESPECT, SHARED RESPONSIBILITY, AND MUTUAL AGREEMENT OF WHAT IS HELPFUL

Empowerment and inclusion are central to peer support.



SUPPORTING THE UNDERSTANDING THAT PSYCHOSIS IS A HUMAN EXPERIENCE

Provincial statistics report that psychosis occurs in roughly 3% of the population.



FOSTERING HOPE, CONNECTION AND COMMUNITY

Peer support plays an invaluable role on the EPI team. They share ideas and experiences to support people with all aspects of their own recovery journey.

PEER SUPPORT AT EPI



THE EARLY PSYCHOSIS PEER RECOVERY NETWORK (EPPRN)

This network connects people who share the experience of psychosis, resilience, healthcare journey and recovery. They host a Peer Support Committee, Research Committee, Education & Advisory Committee, and Speaker's Bureau.

**ASK YOUR EPI TEAM IF YOU ARE
INTERESTED IN LEARNING MORE
ABOUT PEER SUPPORT**

