

# UNB Peer Support Program



*Supportive and inclusive peers that can help you make connections, share ideas, talk about challenges, celebrate successes, explore your interests, and discover community on campus!*

## Program features

- Trained and supervised student peer supporters
- Peer supporters have their own significant experience of mental health and/or substance use challenges
- Individual and group gatherings
- Safe, welcoming and supportive

## How can students request an appointment

UNBF: <https://ti.ext.unb.ca/TitaniumWeb/CounsellingFR> (online booking)

UNBSJ: email [sjpeersupport@unb.ca](mailto:sjpeersupport@unb.ca)

## Language you can use

### **Talk with a supportive and inclusive peer**

"Ever felt like you're the only one going through a tough time? Chat with a Peer Supporter who gets it.

"Imagine having a go-to person who's been in your shoes—our Peer Supporters are here for you."

### **Learn from others with a similar experience**

"Why reinvent the wheel? Learn tried-and-true tips from students who've been there."

"Hear firsthand accounts of how others overcame challenges you're facing—it's like a roadmap to success."

### **Safe space to vent about challenge**

"Need to let off some steam? Our Peer Support space is a judgment-free zone."

"Sometimes, you just need to talk it out. Here, you can do that without any fear of judgment."

## Top 10 reasons you would refer a student to a Peer Supporter:

1. **Find Your Community:** Helps students find like-minded people and make real friends.
2. **Boost Your Grades:** Sharing study tips and resources can help everyone do better in class.
3. **Get Through Tough Times:** When things get hard, it's easier to cope with a supportive crew around you.
4. **Help for Everyone:** Especially great for students who might feel out of place or under-represented.
5. **Talk It Out:** A safe space to vent about challenges without judgment.
6. **Celebrate Wins:** Whether it's acing a test or landing a job, it's a place to share and celebrate your successes.
7. **Discover New Interests:** Explore hobbies or career paths you hadn't thought about before.
8. **Feel at Home:** Helps new or isolated students feel like they're a part of the campus community.
9. **Break Stereotypes:** The program helps to reduce the stress and worry caused by negative stereotypes.
10. **Grow Stronger:** Builds resilience and a growth mindset, helping students bounce back from setbacks.

## Social Media & Website

**Facebook:** <https://www.facebook.com/photo?fbid=122094297182067440&set=pcb.122094297230067440>

**Instagram:** [https://www.instagram.com/unb\\_peersupport/](https://www.instagram.com/unb_peersupport/)

**Website:**

<https://www.unb.ca/fredericton/studentservices/counselling-services/peer-support.html>

## Posters and business cards

Available at Counselling Service or delivered upon request (e-mail [macleam@unb.ca](mailto:macleam@unb.ca))!

## For more information

Contact Matthew MacLean, Mental Health Strategist

[macleam@unb.ca](mailto:macleam@unb.ca)

506-453-4820