



Peer Support Program

The Peer Support program matches a lawyer or law student seeking help with a peer that understands the person or problem. Peer Support is a free and confidential program where a volunteer lawyer offers practical, emotional, and social support to a peer.

What is the Peer Support program?

- Peer Support occurs when someone shares their knowledge and experience, whether practical, emotional or social, to help another person.
- Peer Support is a voluntary service offered through Assist that can be used on its own or in conjunction with professional counselling services.
- Peer Support is confidential, within legal & ethical boundaries, in all situations.
- All interactions are discreet, confidential, and respectful.

What can I expect as a participant?

- After contacting Assist, you will be quickly matched with a Peer Support volunteer who has shared a similar experience or who can relate to you.
- Your Peer Support match will be available to talk, share resources, and attend support meetings with you.
- You can shape the Peer Support relationship based on your needs, while maintaining respect for personal boundaries (there is no minimum or maximum amount of interactions).
- A relationship of trust and confidentiality with someone who can relate to your experiences.

What can I expect as a volunteer?

- An opportunity to help lawyers who are in need of emotional, personal, or career-related support.
- Training outlining your responsibilities and developing skills as a Peer Support Volunteer.
- A chance to offer support, encouragement, and referral to appropriate resources.
- The ability to accept or decline peer support matches depending on your comfort level and previous experiences.
- A network of support through Assist's Peer Support program and Professional psychological services.

How do I get involved?

Participant: Call 403 537 5508 or toll free, 1 877 737 5508. We are here to listen and will arrange a Peer Support match.

Volunteer: Visit our website for an online application at www.albertalawyersassist.ca or call 403 537 5508 or toll free, 1 877 737 5508 to sign up for the next training session.