



PEER SUPPORT

Peer Support Team

As first responders we see and experience many things that are outside the norm; However, our CNS is just as “normal” as yours. The mission of the Peer Support Team is to educate our department on brain health and to walk with them through all of life’s journeys - The happy ones, the injured ones, the grief ones, the celebratory ones, the challenging ones, and everything in between. We meet this goal through multifaceted, personable, and data-driven approaches. We are by first responders for first responders

- Trained coworkers who are there to listen, mentor or provide support to others who are experiencing personal and/or professional difficulties.
- Enables firefighters to talk to a peer who has “walked in their shoes” and can provide understanding and direction.
- Can be proactive in helping responders who may be experiencing problems outside of work including but not limited to, family, financial, stress, anxiety, and substance abuse
- Team members are from different ranks and various positions in the department.
- Team members reflect a variety of life experiences and stages.
- Confidentiality is of the highest priority.
- Team members are trustworthy, good communicators and listeners as well as empathetic.



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