Implementing peer support
Ethical considerations and appropriate boundaries

Additional Highlights
Communication skills that encompass listening, empathizing, modeling, helping, and advocating
Managing occupational stress and trauma, building resilience, and setting health goals with peers

Peer Support Fundamentals
Overview of relevant mental health symptoms and conditions
Discussion of substance use and self-medication

Occupational Culture
- Occupational factors that influence mental health
- Common barriers to seeking support

Mental Health & Substance Use
- Communication skills that encompass listening, empathizing, modeling, helping, and advocating
- Managing occupational stress and trauma, building resilience, and setting health goals with peers

Suicide Prevention & Intervention
- Discussion of suicide within the profession, and understanding warning signs
- Suicide intervention skills to assist peers in crisis

A Unique Approach
NAMI Frontline Wellness 1-1 Peer Support Training prepares public safety and health care professionals to provide effective peer support, utilizing an innovative, interagency approach. Matching peers who work for different agencies and organizations maximizes confidentiality, reducing one of the most common barriers to support.

Available Courses
Three versions of NAMI 1-1 Peer Support Leader Training are available, each tailored to address the experiences and challenges within a specific occupational group.

The 16-hour peer-led training explores the many factors that influence the mental health of frontline professionals, providing participants with effective, fundamental skills and tools to support their peers’ wellbeing.

Training Highlights

Training materials are available at no cost. To learn more, contact frontlinewellness@nami.org