

What is Peer Support?

Peer Support can be defined as a service provided by trained fire service personnel who respond to other fire service members in need. Whether a member's needs are personal or professional, peer support teams serve as a resource to fire service members and their families.



Brought to you by Peer Support Central Texas, a 2016 Texas A&M and Baylor Scott & White Health study in partnership with the IAFF, funded by the Hogg Foundation for Mental Health.

Benefits of Peer Support Programs:

- Builds trust among peers
- Creates a well-educated workforce
- Less absenteeism
- Prepares workforce for crisis
- Reduces stigma about accessing behavioral health services

Become a trained Peer Support Specialist:

IAFF 2-Day Peer Support Training

<http://client.prod.iaff.org/#contentid=40484>

References and Resources:

- <http://client.prod.iaff.org/#page=behavioralhealth> (IAFF Behavioral Health Resources)
- <http://lms.iaff.org/course/view.php?id=64> (Online IAFF Behavioral Health Awareness Course)

Peer Support Specialist:

[NAME]

[PHONE]

[EMAIL]



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