

What is **peer support**?

Peer: A peer is an individual who shares similar lived experiences, circumstances, or social context with another person.

Support: Having access to reliable people, care, and resources that provide emotional, social, or practical help when navigating life experiences.

Peer support isn't something new— it's something you've probably been doing all along...

Examples of Peer Support:

- Sending relatable reels to friends
- Studying together during midterms and keeping each other going
- Going for a hot girl walk or late night drive and talking with a friend
- Texting or calling a friend to vent when you've had a rough day

Across all ages, nearly 1 in 5 Canadians meet the criteria for a mood, anxiety, or substance use condition each year.

(StatsCAN 2025)

Recovery, in all its forms, is deeply tied to emotional well-being. Yet many people report feeling unprepared to navigate it or support others through it.

Our program supports campus communities in building language, connection, and community around these shared experiences.

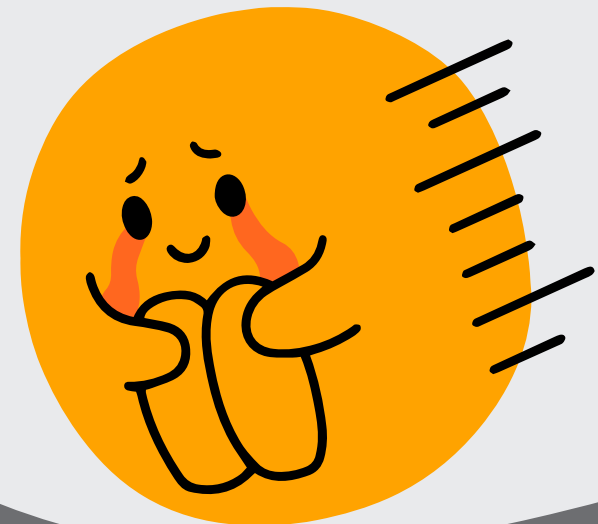
Connect with us!

Scan the QR code to access our website and socials!



Peer-led. Community-based.

get to know
peer support
at the UCRC



**Recovery
on Campus**



So... what's peer support at the UCRC?

At UCRC, peer support is about connecting through shared experiences, interests, curiosity, and a desire to understand more about themselves and others.

We create spaces where you can:

- **connect with others who have personal experience** with substance use, recovery, or addiction in any form.
- **meet people who relate** to eating, body image, or behavioural patterns like gambling
- **share or listen** to experiences around grief, loss, and life changes
- **explore mental health**, well-being, and wellbriety with others on a similar path
- **join creative, phone-free spaces** to reset and connect in a different way

Why it matters

Peer support creates connection and community, which can...

- reduce feelings of isolation
- help you feel seen and understood
- build confidence and self-trust
- remind you that you're not alone

Peer Support Vs. Clinical Support

Both matter. They just help in different ways.

Clinical

support can offer:

- diagnosis
- treatment
- structured care

Peer

support can offer:

- shared understanding
- community
- real-life connection



Common Myths



It's only for crisis

Peer support isn't just for when things are really hard—you can show up at any point, even if you're just curious or want connection.



You have to share

No one will call on you or expect you to share—you can listen, hang out, play games, or just vibe—sharing is always optional at the UCRC.



You need a label

You don't need a diagnosis or specific identity to belong—peer support is open to all experiences.



It's always serious

Peer support at the UCRC includes laughter, creativity, & light moments—not just heavy conversations.