

Supporting our Peer Supporters

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To: Rita Cronise <rmc277@shp.rutgers.edu>



Charlotte and I, at RPLYT, are committed to supporting Peer Supporters throughout the COVID-19 Pandemic.

We understand that many people who receive peer support, and in fact many people in our communities, have fears about this virus and what the impact will be; both immediately and long term.

RPLYT's Commitment to Supporting Peer Supporters

Starting this week and continuing as long as we need to, RPLYT will hold a FREE 1 hour peer support for Peer Supporters on Zoom as well as a Facebook Live session.

These are available to any Peer Supporter whether you have had our training or not.

Please note that all times are in North American Central Daylight time

For Zoom:

This will be an hour of interactive support for Peer Supporters.

We totally understand that many workplaces may be supporting you and we are not taking away from that, just offering additional support to get through this time of uncertainty.

- Monday 1pm – 2pm CDT
- Wednesday 6pm – 7pm CDT
- Friday 4pm – 5pm CDT

You can join as many times as you like. It is a safe space be supported.

It's social connectedness in spite of physical distance

For Facebook Live:

Each day at 4pm CDT Fit N Fun For 5

Join me for 5 minutes of inspiration & fun

I will also be going live on my Facebook page

Sundays from 3:00 - 4:00 pm CDT

I will be chatting about common themes from the Zoom Peer Support groups the previous week.

I will also be sharing with you what Peer Supporters around the world are doing to support others as well as themselves.

Please join me

As Peer Supporters how do we support people in these stressful times?

It is important that we practice in the way we have always worked; from a place of compassion and empathy. That we stand with people and hear their concerns and fears. That we validate their feelings; without feeding into any hysteria about the virus.

How do we do that?

We stay up to date with information about what is happening. This allows us to be able to have discussions about what is happening and to provide links to useful resources.

Click on links below:

- [Global information the World Health Organization is a great source of information](#)
- [Canadian Information Canadian Government](#)
- [United States Information Centers for Disease Control](#)

As Peer Supporters, or as we at RPLYT call Exploration Facilitators, our role is to support people to explore their options. By supporting people to have the accurate facts and encouraging them to talk about their fears, concerns, hopes, dreams, etc., we support them to decide for themselves what they want to do as they move forward through this time. It may be just supporting them to see that they are doing everything they can already. The discussions we have with people, can support them to see that their fears are not theirs alone, that many people feel uncertain about what the future holds. It is the strength of knowing that we are all in this together and, as a community supporting each other, we can get through it.

As Peer Supporters, let's:

- listen without judgement
- validate people's feelings (remember our thoughts and feelings are our reality)
- support people getting accurate information
- allow people to just be silent if they wish; we can just be there with them – in person, videoconferencing or on the phone
- let them know they are not alone; that you are there with them
- support people to find those moments where they are not focused on the doom and gloom; where they get to do normal things that support their health and wellness – whatever that is for that person.

I know for me, I get caught up from wanting to hear everything that the media says, to being distraught and feeling bombarded by the media. I know that I have to take breaks from the media and my head and just do normal things. Well, as normal as possible at this time. I walk my dog. I cook something. I wash dishes. I watch a TV show or a movie. I connect with friends on FaceTime or the phone, whatever has me feel as connected as I can.

Our hope is to support you to find your own way of supporting yourself while you support others.

Charlotte and I are here to support you.
Stay well,

Robyn
Co-creator and Chief non-conformist
Robyn Priest LIVE YOUR TRUTH

Robyn Priest LIVE YOUR TRUTH, is a mental health and peer support education and strategy firm. All programs are designed and delivered by people with their own experience of living with a mental health issue, or a family member of someone living with a mental health issue.

Why?

To demystify the many misconceptions of mental health issues from a perspective of someone who has lived it, so we can educate people to go after, and live the life of their dreams. Their "REAL" truth.

[sign up for our newsletter](#)



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