

Prevention & Support

We are here to:

- ⇒ **Listen** - provide an empathetic ear
- ⇒ **Provide** immediate and short term psychological intervention
- ⇒ **Identify** peers who could be at risk to themselves or others
- ⇒ **Follow-Up** to determine if further intervention is required
- ⇒ **Facilitate** access and/or pathways to professional help
- ⇒ **Ensure** confidentiality
- ⇒ **Maintain** dignity of peers

You Have Access to Resources!

TEMA:

(TEMA Conter Memorial Trust)

<http://www.tema.ca>

Self-Assessment Tools:

- Check Up from the Neck Up
- Mental Health Meter
- Work-Life Balance
- Check Your Drinking
- HQPS Self-Assessment Tool

Mental Support Resources Across Canada



Employee Assistance Program

Quinte Counselling Services Inc.

208 John Street Belleville

Phone: 613.966.4262

After Hours Phone: 613.967.6526

Website: www.qxplora.com

E-mail: reception@qxplora.com

Hastings-Quinte Paramedic Peer Support Team



We are a group of Paramedics who share a deep commitment and concern for the well-being of our fellow Paramedics, particularly related to our mental health and wellness.





Accessing a Peer Support Team Member

- ⇒ In person (While on duty)
- ⇒ By cell phone (While on duty)
- ⇒ 24 hour Peer Support Line
613.771.9366 ext.500 (Option 7)
- ⇒ Via the Duty Officer / PTL

Our Team

Erin Bons	Marnie Pilgrim
Graham Christie	John Scott
Kelly Conner	Danielle Spitzig
Stacy Halliday	Merilee Stewart
Todd LaMorre	Crystal Thrower
Barry McDade	Dave Valdes
Superintendents	
Senior Leadership Team	

Our Commitment of Confidentiality

We are committed to ensuring that confidentiality is maintained at all times throughout the peer support process.

We know it's of great importance that the levels of confidentiality are clearly articulated and communicated.

See our commitment to you by reviewing the Hastings-Quinte Paramedic Services Policy and Procedure 6.26.2.

Section: Health & Safety

Subject: Peer Support Program



Have a Suggestion or Idea?

We welcome your constructive suggestions and ideas about how to best provide supports to paramedics both to prevent and support mental health issues.

We are in this together!!

Contact any member of the Peer Support Team in person or send an email to the group:

hqpeerteam@gmail.com

**NEVER GIVE UP ON
SOMEONE WITH A MENTAL
ILLNESS.
WHEN "I" IS REPLACED
WITH "WE", ILLNESS
BECOMES WELLNESS.**

-Shannon L. Alder