

CSU STANISLAUS

# PEER PROJECT

Prevention, Education, Empowerment, Relief

## Peer-to-Peer Mentoring

PEER Project Mentors provide support, advice, and encouragement in hopes of providing a feeling of empowerment and relief to their fellow students. The relationship between the mentor and student is designed to give the student a sense of being connected to the larger campus community, where they may otherwise feel lost. Here are a few areas where they might be able to help:

- Give support and guidance as you navigate college life.
- Help you be on the lookout for difficulties you may encounter.
- Respect your story, listen, encourage, and provide a sense of relief.
- Help you connect with campus services.

## Peer Support Groups

Peer support groups provide a unique opportunity for students to join a small to medium sized group of peers who are experiencing similar challenges and struggles in life. Groups create a wonderful opportunity to assist in mutual problem solving. Sometimes, simply realizing that you are NOT ALONE and that there are others going through the same thing is an extremely important step in overcoming these challenges.



## Our MISSION

The **PEER Project** of CSU Stanislaus creates **PREVENTION** and **EDUCATION** related activities to eliminate the stigma associated with mental health issues and reduce risk of student suicide. It is our mission to **EMPOWER** students to recognize and support individuals who are at risk on our campus. We aim to increase awareness, promote wellness and acceptance, as well as create a safe environment in which students can find **RELIEF**.



website: [csustan.edu/PEERProject](http://csustan.edu/PEERProject)

CSU STANISLAUS

# PEER PROJECT

Prevention, Education, Empowerment, Relief

**"Pain can be eased, worth can be found, and hope can be felt in knowing you are **Not Alone**"**

-PEER Project Founders



**One in five individuals in California report needing help with mental or emotional health problem. (CalMHSA)**

## SERVICES:

- Peer to Peer Mentoring
- Peer to Peer Support Groups
- Classroom Presentations on Mental Health Awareness and Suicide Prevention
- Referrals

## Collaborative Workshops Provided:

- Mental Health First Aid Training
- Applied Suicide Intervention Skills Training
- Friends are Good Medicine Training
- QPR Suicide Prevention Training

## Mission Statement:

The PEER Project of CSU Stanislaus creates **PREVENTION** and **EDUCATION** related activities to eliminate the stigma associated with mental health issues and reduce risk of student suicide. It is our mission to **EMPOWER** students to recognize and support individuals who are at risk on our campus. We aim to increase awareness, promote wellness and acceptance, as well as create a safe environment in which students can find **RELIEF**.



California State University | Stanislaus

**Got Support?  
Meet your Peers!**

**Contact Information:**

Location: Student Services room 121

Phone Number: (209) 664-6962

Email: [PEERProject@csustan.edu](mailto:PEERProject@csustan.edu)

Website: [csustan.edu/PEERProject](http://csustan.edu/PEERProject)