

# PEER SUPPORTERS NOW AVAILABLE AT LINTON!



## What is a Peer Supporter?

A peer supporter is a person you can talk to about things that might be concerning you, or if you don't have anyone you feel comfortable talking to about what's on your mind. They are trained to listen without judgement, and can help you to find the right support if you want it.

## Who is peer support for?

Anyone at Linton can access peer support. NZDF is running a Peer Support trial at Linton and has recently trained a small group of volunteers. We are hoping to increase our numbers over time.

## Who are my Peer Supporters?

Your peer supporters are military personnel that are keen to support their hoamahi (workmates). They have undertaken training for the role because they know life can be a bit rough sometimes and want to help their peers navigate challenges.



## How do I get in touch with them?

Email [lintonpeersupport@nzdf.mil.nz](mailto:lintonpeersupport@nzdf.mil.nz) for a list of names and email addresses of your peer supporters. You can choose who you want to reach out to, either in person or by sending them an email. Details of anything you share with them (including your name) is confidential, unless there are safety concerns.

## Can I be trained as a Peer Supporter?

Yes! Keep an eye out for upcoming trainings, or email [nzdfpeersupport@nzdf.mil.nz](mailto:nzdfpeersupport@nzdf.mil.nz) to register your interest.

