



Peer Support Program Overview

The Carleton Disability Awareness Centre (CDAC) provides a drop-in peer support service to all Carleton Students. This short-term peer support program is designed to be

Peer support is conducted by Service Centre Coordinators and volunteers. The coordinators and volunteers identify as students with disabilities and/or have experience with experiencing a disability. The Peer support volunteers are there to listen to students and to help them navigate through the resources and services on campus.

What can you expect from the CDAC Peer Support Program?

Students can access the peer support program by booking an appointment ahead of time on the CUSA Peer Support booking platform or by visiting the CDAC office during operation hours. Walk-in students who are seeking peer support will also be required to book an appointment.

The peer support appointment will take place in the CDAC office. Students seeking a quieter space can book an external board room. During the peer support session, the CDAC volunteers will follow *Carleton University's Support Students in Distress Framework* and the *Carleton University Mental Health Continuum*.

Sessions will last up to 30 minutes. At the end of the 30 minutes, the peer support volunteers will wrap up the conversation regarding the next steps, such as referring students to seek further support or to a particular resource.

At the end of your session, the peer supporter will make some general notes/comments about your session. These will include general comments about the topic of your conversation and any next steps that were recommended.