



Peer Counselor Training

Monday, June 6th, 2022

Peer Counselors build a stronger, more resilient workforce by recognizing needs and being the first step in providing support, encouragement, and resources to fellow employees with depression and/or mental health challenges.

This training will provide the basics to get started with us as we develop the peer counselor program at CMH PHS. Peer counselors will serve as contact points throughout the service. They will be a gateway for identification and response to critical incidents and other significant stressors that may happen in the life of an EMS responder. Counselors will be expected to maintain confidential, professional communication with all co-workers and responders. Counselors will be contact points for assisting employees to find additional resources that may be needed for ongoing situations as well as providing support for short-term needs. Ongoing commitment to meetings and frequent communication will be needed to ensure the success of the peer counseling system as it evolves over the first couple years.

Prerequisites to become a Peer Counselor at CMH PHS (anyone can attend this training):

- Licensed and employed as an EMT, or above, for at least two years
- Successfully complete this course every two years
- Manager approval



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More information contact: emma.mcantire@citizensmemorial.com

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