

WB 6.2 — Peer and Community Supports

Use with Chapter 10 (The Team) in the manual, Chapter 9 in Shoulder the Bill. Complete during a calm state.

Purpose WB 6.1 maps the people you already know. This page maps the support you do not have yet — people who have been through the same thing, and the services that exist whether or not anyone has told you about them.

How to use this page

When: Fill in while calm. Finding support is administrative work, and administrative work is not available in a hard moment.

Done when: You have named one shared-experience group worth contacting and one service navigation route, with an actual next step.

Worked example

The experience I would want to find others in: chronic pain after a workplace injury.

What I would want a peer to know: that I am not looking for advice. I want to talk to someone who already knows.

Next step: call 2-1-1 and ask what pain or injury peer groups run locally. Thursday.

Anchor Phrase: ‘Recognition resolves what explanation cannot.’

Loop stage: Connect → Recover

The part of my experience other people have also walked — injury, loss, care systems, substance use, diagnosis, caregiving, grief:

Peer and lived-experience supports I know of, or will look for:

Service navigation — call or text 2-1-1. Free, confidential, 24 hours, 150+ languages. Housing, food, income support, mental health and substance use services. What I will ask them:

Who else I can ask: my doctor, nurse practitioner or pharmacist • my local health authority • the organisation that already serves my situation • my local Canadian Mental Health Association branch. Who I will start with:

What I would want a peer to know about me before we talked:
