



MCKAY'S MATES – PEER SUPPORT PROGRAM

Are you interested in training to become a Peer Supporter?

Working in the mining can be stressful for many reasons. These include the pressures of FIFO, long hours and the importance maintaining high safety and performance standards. Stress is not just from work. Many people have home and family pressures which also create difficulties making it sometimes hard to focus on the job. Most people are fairly resilient and learn to cope with this type of stress. However, sometimes people need a helping hand. This is the role of the Peer Supporter.

What is a peer support?

Peer support is the use of volunteers from the organisation, trained in appropriate methods of assisting those in their team or work area, who are affected by stress.

Peer supporters are trained in the methods of providing support to work mates and colleagues under stress. They do this by using a process called “stress defusing” on a one-to-one basis and providing information which assists the individual's coping process. Peer supporters also provide referrals and encourage others to get appropriate assistance. As the name suggests, the peer supporter provides "support" only and does not become a counsellor, or take on any other role for which they are not trained or qualified.

What does Peer Support training involve?

The support program is a 2-day training course on site. The training covers a range of topics, including the types of stress that affect people, the stages of stress reaction, plus strategies, skills and procedures for providing support for others under stress. The course also covers dealing with people in crisis, the stress of critical incidents and understanding cross-cultural issues in providing stress support.

Peer support has a long and successful tradition across a range of organisations, including the emergency services and mining. If you're interested in learning more about stress support and are willing to assist others on your work site, you're welcome to apply to attend the Peer Support Training. Please complete the attached form.

For further information, contact:

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