

# Safe Space Peer Support

## WHAT WE PROVIDE:

- A confidential enviroment where students can express their ailments and have someone to talk and receive support from.
- Non-judgmental environment who are eager to help you in a way they can.
- Emotional Support for student who are struggling with substance use and other mental health signs and symptoms.
- We are an all inclusive group; we will take anyone who comes in seriously, there is no challenge too small
  - Zero tolerance when it comes to breach of confidentiality.

## **MEETINGS**:

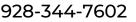
Every Monday from 12:00PM-1:30PM at 3C-Bldg. Student Health & Wellness NOOK.

To sign up scan the QR Code:



## **CONTACT US**







#### WHAT IS SSPT?

The SSPS is a student lead peer support group geared towards students with personal challenges.

#### **WHY DOES IT EXIST?**

The SSPS exist for the sole purpose of providing students with a safe and confidential environment to talk about their personal and academic challages and have a listening ear.

### WHO IS IT RAN BY?

The ssps is ran by AWC studentS and the Student Counseling Professional.



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