



# TSW TIME OUT

VOLUME 6

TRAUMA SENSITIVE WORKPLACE INITIATIVE



## SELF LOVE SUGGESTION: PEER SUPPORT PEER SUPPORT, COMING NEAR YOU!



MARSHALL UNIVERSITY HAS STARTED PEER SUPPORT GROUPS FOR SOCIAL SERVICES FIELD STAFF ACROSS WEST VIRGINIA. [CLICK HERE](#) TO SEE THE PEER SUPPORT GROUP SCHEDULE! **SOCIAL SERVICE MANAGERS- CONTACT US TO GET A DATE SET UP FOR YOUR DISTRICT AT [TSW@MARSHALL.EDU](mailto:TSW@MARSHALL.EDU)!**

## WHAT IS PEER SUPPORT?

A SUPPORT GROUP IS A GATHERING OF PEOPLE FACING COMMON ISSUES TO SHARE WHAT'S TROUBLING THEM. THROUGH THE SHARING OF EXPERIENCES, THEY'RE ABLE TO OFFER SUPPORT, ENCOURAGEMENT, AND COMFORT TO THE OTHER GROUP MEMBERS, AND RECEIVE THE SAME IN RETURN.

## BENEFITS OF PEER SUPPORT

- PROMOTES BONDING
- ACKNOWLEDGES FEELINGS
- POSSIBLE LIFELINE FOR STRUGGLING CO-WORKER
- PROVIDES REAL TIME SUPPORT
- PREVENTS ISOLATION
- SHARE TOOLS AND SKILLS FOR PROBLEM SOLVING
- REDUCES STIGMA

## FAST FACTS

"GREATER LEVELS OF PEER SUPPORT ARE POSITIVELY ASSOCIATED WITH JOB SATISFACTION AND INTENTION TO STAY ON THE JOB" (LIZANO, HE, & LEAKE, 2021).

ONE STUDY REPORTED THAT PEER SUPPORT GROUPS ALLOWED THEM TO NORMALIZE THEIR TRAUMA, REDUCE TRAUMA SYMPTOMS, REDUCE STIGMA AS WELL AS INSTILL HOPE (HUNDT, ET. AL, 2015).



## We're Here for YOU!

Contact us for support and more resources to address Secondary Traumatic Stress and Vicarious Trauma. Be on the lookout for future trainings and newsletters! Email us at: [TSW@Marshall.edu](mailto:TSW@Marshall.edu)