

*Peer Mentors are someone
you can turn to and meet
you “where you are at”.*

Peer Matching

Mentees

Mentees are people living with HIV who may be newly diagnosed, in the hospital, not engaged in care, or require tailored support. Mentors can offer them support.

A match is made by taking into account similar:

- Backgrounds
- Life experiences
- And mentee personal preference

Once matched, the interactions can be as often as the mentee likes. For mentees, this means that they can receive the support they need when they need it.

Who We Are

About Us

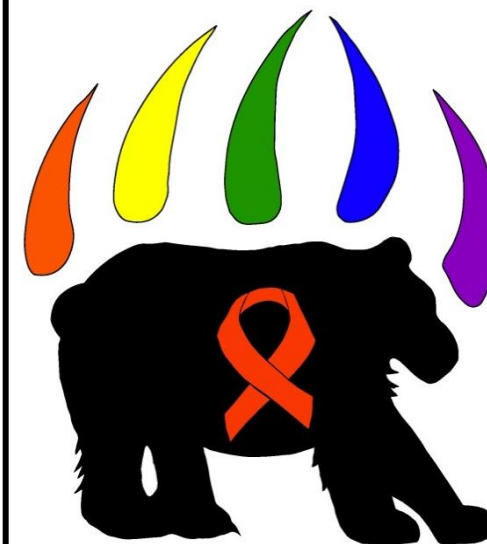
The Peer-to-Peer Program is a mentorship program. Peer Mentors living with HIV provide ongoing support to mentees who are living with HIV. Peer Mentors use their lived experience to provide non-judgmental, phone, and in-person support. Referrals, peer counselling, accompaniment to services, and advocacy can be provided by request of the mentee.

Our Graphic – The Bear

The members of the program designed the graphic to be inclusive of all people, similar to the program itself. The drawing was created by an Indigenous person living with HIV. This highly esteemed spirit animal is admired for its strength and courage in Indigenous culture. The bear's powerful stature inspires a leadership role and taking action without fear. The combination of the rainbow colors represents support for LGBTQ friends and allies. The individual colors within the claw may also be interpreted to represent various aspects of life, depending on the person and their culture. Finally, the red ribbon is the connection among all peers: it symbolizes support of all people living with HIV, those affected by HIV, and those we have lost to AIDS.

Contact Us

Saskatchewan Health Authority
Population & Public Health Services
Communicable Disease & Sexual Health Programs
2110 Hamilton Street
Regina, SK, S4P2E3
Phone: 306-766-6857
Call or Text: 306-550-1121
Email: jamie.crossman@saskhealthauthority.ca



PEER-TO-PEER PROGRAM

*No one understands
the reality of HIV better
than someone who
lives with it everyday.*



Purpose

The program provides a unique link for newly diagnosed HIV positive individuals, those who are admitted to hospital, and others who are living with HIV. The Peer Mentor role is supportive.

Program Goals

Supporting those living with HIV to:

- Seek health care earlier and more often
- Improve and maintain physical, emotional, mental, and spiritual well being
- Reduce spread of HIV infection
- Reduce stigma and discrimination

Peer Mentors

Peer Mentors are specially trained members of the community who are living with HIV and supporting others who are learning to cope with the daily challenges of living with HIV. They can provide people living with HIV someone to turn to who has been there.

"I understand why you are a mentor, I can see you take care of yourself."

- Comment from mentee about a mentor

Peer Mentor Roles

- Provide information
- Bridge the gap with health care providers
- Connect to community resources
- Help people living with HIV find their way in the health care system
- Support and encourage harm reduction
- Support overall health and well-being
- Share their own experience about how to live with HIV
- Listen to concerns and fears
- Model self-care
- Maintain client confidentiality
- Help people cope with daily struggles in a healthy way
- Create a positive space

Drop In

Peer Mentors are available at the Primary Health Care Clinic. Drop in, or call or text, 306-550-1121, to make an appointment.

Where: 1056 Albert Street, Regina

When: Wednesday from 1 – 4:30 p.m.

*Learning how to live with HIV does not have to be overwhelming.
No one has to do it alone.*

Peer-to-Peer Support

The Peer-to-Peer group is a drop-in support group for all people living with HIV.

Persons living with HIV will be able to connect with people and share similar experiences.

Where: United Way, 1440 Scarth Street

When: The last Monday of every month from 1:00 – 4 :00 p.m.

→ Refreshments provided

→ Transportation

→ Childcare available if needed