

Do you have days when you just need someone to talk to? Have you ever needed to vent or get someone else's perspective on a personal, family or workplace concern?

The UF Health Center for Healthy Minds and Practice, or CHaMP, offers peer support services. Peer Support is intended to provide confidential guidance and emotional and social support in a trusting environment. All services are free of charge.

### WHAT IS PEER SUPPORT?

Peer support offers emotional and social guidance through the help of trained volunteers. It is not intended to be a replacement for existing services or professional expertise. It is designed to complement them.

### WHO PROVIDES PEER SUPPORT?

Volunteers from across the organization are trained to provide support in a formal, confidential manner.

### BENEFITS

- Breaks down isolation
- Decreases callouts or sick time
- Helps maintain or reduce anxiety or depression
- Increases awareness of mental health
- Offers a safe haven between peers
- Provides access to well-being programs and services
- Reduces stress in the workplace

For more information or to schedule an appointment, email [CHAMP@jax.ufl.edu](mailto:CHAMP@jax.ufl.edu) or call 244.8332. You can refer another person, and your information will be kept anonymous.

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