

# NAMI FRONTLINE WELLNESS 1-1 PEER SUPPORT

## A Unique Approach

NAMI Frontline Wellness 1-1 Peer Support Training prepares public safety and health care professionals to provide effective peer support, utilizing an innovative, interagency approach. Matching peers who work for different agencies and organizations maximizes confidentiality, reducing one of the most common barriers to support.

## Available Courses

Three versions of NAMI 1-1 Peer Support Leader Training are available, each tailored to address the experiences and challenges within a specific occupational group.

The 16-hour peer-led training explores the many factors that influence the mental health of frontline professionals, providing participants with effective, fundamental skills and tools to support their peers' wellbeing.



NAMI First Due Peer Support for Fire & EMS



NAMI Overwatch Peer Support for Law Enforcement



NAMI-ACEP PeER Connect for  
Emergency Physicians

## Training Highlights

### Occupational Culture

- Occupational factors that influence mental health
- Common barriers to seeking support

### Mental Health & Substance Use

- Overview of relevant mental health symptoms and conditions
- Discussion of substance use and self-medication

### Peer Support Fundamentals

- Communication skills that encompass listening, empathizing, modeling, helping, and advocating
- Managing occupational stress and trauma, building resilience, and setting health goals with peers

### Suicide Prevention & Intervention

- Discussion of suicide within the profession, and understanding warning signs
- Suicide intervention skills to assist peers in crisis

### Additional Highlights

- Implementing peer support
- Ethical considerations and appropriate boundaries