

Peer to Peer Program



The Medical Society of the
State of New York

PEER TO PEER SUPPORT

The Medical Society of the State of New York now offers to physicians, residents and medical students an opportunity to talk with a peer about some of life stressors. MSSNY's Physician Wellness and Resiliency Committee is launching a Peer 2 Peer (P2P) program to assist their colleagues who are need of help in dealing with work and family stressors. With the advent of the COVID-19 pandemic, some of the emotional issues related to this event, may also be troubling for our colleagues.

MSSNY is seeking volunteer peer supporters

What is a peer supporter? An individual who has shared experiences, listens without judgement, can validate feelings and provide **SUPPORT, EMPATHY AND PERSPECTIVE**. Someone who also provides supports to systems and practices and encourages the use of positive coping skills. They also help connect the individual with needed treatment. All peers must be a member of the Medical Society of the State of New York.

Who can be a volunteer peer supporter? Physician, resident or medical student

How are peers trained?

MSSNY will provide free training to the volunteer peer through an initial training program. This initial training program will be offered virtually and consists of peer support and what makes a good peer, psychological first aid, and how the program will operate. There will also be other on-line course work that a peer can avail themselves of through MSSNY's CME website. It is anticipated that the virtually training programs will be offered more than once.

How to become a volunteer peer

Volunteer peers can be nominated by county medical society presidents, county medical society executives, or another physician, resident or medical students. To nominate an individual please send an email to Cayla Lauder at clauder@mssny.org or call (518) 465-8085.

*Are you struggling with everyday life stressors? MSSNY's P2P
Supporters are here to help*

Email: P2P@mssny.org

and request that you be connected with a peer supporter

Phone: **1-844-P2P-PEER (1-844-727-7337)**

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Support, Empathy & Perspective



The Pfizer Foundation

