

Building Resilience: One Step at a Time

Support Buddy: Being there for our own

What is the purpose of this strategy?

- To improve an employee's resilience and wellbeing
- To have someone to turn to who will be honest and have your best interests in mind
- To foster a community committed to having conversations about mental health, wellbeing, and work and life stressors

What is a support buddy?

- Two people who are committed to supporting each other at work
- Support buddies should check in with each other in an organic way perhaps before or after each shift
- A check in can be, but is not limited to, an in-person meeting, a call, or a text
- There should be honesty and confidentiality between the two individuals
- Individuals should be committed to the spirit of the program and enter support buddy relationships with a positive intention

How to select a support buddy?

- Support buddies could be colleagues with similar life experiences or those who are at similar stages in their lives.
- Buddies may work in close proximity, so they are easily accessible at work
- Buddies may also work similar hours so they are accessible outside of work

Who is/are your support buddies? _____

What do support buddies talk about?

- Buddies should talk about day-to-day life, work and life challenges and stressors, and successes and accomplishments

When/How would you want to connect with your Buddy? _____

- Buddies can offer advice and strategies that work for them to build resilience
- When conversations become difficult a buddy should direct an individual to professional resources.

Who are the professional referral resources? _____

What will be important to talk about with your Buddy? _____

Other Resources

- National Domestic Violence : 1-800-799-7233
- Disaster Distress : 1-800-985-5990
- National Suicide Prevention 1-800-273-TALK (8255)