

Supporting your peers



Notice and reach out

If you notice a peer is acting differently, seems withdrawn, or absent, reach out to them. If they are having issues this simple act can make a difference.



Find a time and space to talk

Choosing the right time and place so you are not distracted will demonstrate that you care and they are a priority.



Communicate with sensitivity and respect

- Listen without interrupting and without judgement.
- Acknowledge their struggle and treat them with respect.
- Keep in mind that this does not define them; it is merely one aspect of them.



Be empathic

- Use open verbal and non-verbal communication.
- Use appropriate and compassionate language that is not offensive, labelling or hurtful.
- Aim to provide a sense of hope for recovery.



Encourage other support



- Encourage help-seeking behaviours,
- Triage their issue with the information from MD support options.
- Assist them to identify who can help:
 - Family and friends.
 - Medical School Student Support.
 - Mental health support and counselling services.



Follow up

- Check in on how they are getting on.
- Request a welfare check if you have concerns to MSSS: med.mss@uq.edu.au



Seek support:
Medical School
Student Support