

September 2022 Peer Perspective

As a Peer Support Specialist, I believe I have one of the coolest jobs on the planet. What other job would allow me the freedom to share my lived experience regarding my mental health journey? The most difficult parts of my life lead me to this role within CMMHC.

It can be difficult to talk about the stigma we face, the struggles we endure, but sharing these things with an individual who has walked the walk and put in the work can bring understanding and validation on a completely different level.

As a Peer Support Specialist, I am not immune to the difficulties of life and at times my own mental health symptoms can rise and fall. So just like you, I am practicing my skills daily, working to keep my mental health balanced. I am deep breathing, grounding myself and on occasion I need to reach out to my own support team for extra support and encouragement.

I am a Peer Support Specialist, but more importantly, I am a peer, just like you, on a mental health journey, sharing stories, practicing skills, and learning to ride the ups and downs of life.

Shannon Chilson
Peer Support Specialist