



# Let us Support U

**Have you experienced a stressful or traumatic patient-related event and need a supportive peer? Talk to a peer responder today.**

The UC Davis Health Support U Peer Responder Program is a safe and confidential program that provides peer-to-peer support for caregivers experiencing trauma or stress from an adverse care experience.

Our team of trained peer volunteers provide timely and private support to all health care providers, and encourages second victims to discuss their stresses and experiences in a healthy way.

**You are not alone. If you need help, let our team support you!**

**UCDAVIS  
HEALTH**

Support U Peer  
Responder Program

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We believe in a relationship-based culture and therapeutic practices of:

Attuning | Wondering | Following | Holding



## Building resilience together

Support U trained peer responders provide:

- Confidential listening
- Safe environments to discuss stresses and experiences
- Emotional support
- Compassion and understanding
- Respectful boundaries
- Partnerships to cope while strengthening resilience

## How to connect with a peer

To find a support responder or for more information on the program, talk to your manager, nurse supervisor, or unit based Support U peer responder.

## Additional employee resources

At UC Davis Health, we provide a safe and supportive environment, so we can remain a strong team. The Support U Program is also designed to partner with other assistance programs, including the Academic and Staff Assistance Program (ASAP).

If you need additional counseling services, contact ASAP at **916-734-2727** or on the web at [hr.ucdavis.edu/departments/asap](http://hr.ucdavis.edu/departments/asap).

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