

# Peer Support Products 2010



## Peer Support Workbook, (2009):

The 3<sup>rd</sup> Edition comprehensive Peer Support Workbook written by Dr Michael Tunnecliffe is the foundation textbook for many organisations and facilitators conducting reputable Peer Support training. For over 20 years Michael has been involved in Peer Support training and as a result the workbook provides a general approach to Peer Support which can be customised to organisational or occupational need. This 36 page book is packed with peer support guidelines, the background of peer support programs, the different types of stress and its impact, factors influencing critical incident stress, support and the peer support role, peer support essentials, communication techniques, appropriate responses, individual and group support strategies, referring on, the peer support process and useful resources for Peer Supporters. The workbook includes 16 key peer support training exercises and quick quizzes such as 'are you suited to the Peer Support role?' This workbook is a must for any credible Peer Support training program.

**Workbook Price:** AUD\$15.00 each  
(RRP: \$20.00 AUD)

## Peer Support Pocketbook, (2010)

Well known and well loved, the Peer Support Pocketbook is back! A new and revitalised 5<sup>th</sup> Edition offers Peer Supporter's much more. The newly published pocketbook has 96 pages of valuable content, bringing together the experiences collectively of Michael Tunnecliffe and Carla Fotev both with over 20 years each in Peer Support programs. This practical little book informs about stress and stress management, the principles of peer support, the process and how to provide practical support, communicate one to one, give group, phone or critical incident support. Emotional first aid, stress defusion, the Peer Supporter as a member of a Critical Incident Response Program, referrals and support for the peer supporter, are all part of this power packed book which also includes useful reading and resources including links to a virtual network of Peer Supporters. Even if you have an older version, you will be sure to want one of these brand new pocketbooks!

**Pocketbook Price:** AUD\$15.00 each  
(RRP: \$20.00 AUD)

## Peer Support Wallet Cards:

### Stress Defusion Cards:

Don't be late to help a mate.... Remember these great little cards? Despite the new and improved design, more accommodating to fit in your wallet, these cards still convey the great reminder of how to support others. Outlining the LATE method of support, you will never forget to be late to help a mate!

### De-stress Cards:

As Peer Supporter's most of our work is in assisting those who are experiencing stress. These cards simply outline the key strategies to manage stress on a day to day basis. Sometimes having them on us can serve as an easy reminder for all the things we can each do to reduce our stress.

**Wallet Cards Price:** AUD\$1.50 each

## Bookmarks:

Alpha, Bravo, Charlie..... the international alphabet. Handy as a bookmark to keep your page, yet also of great assistance when you are on the phone trying to spell your name for someone, give an email address or in just making sure you have the right spelling. Put one in your diary or next to your desk today!

**Bookmarks Price:** AUD\$2.00 each

## Peer Support Packs:

Why not save yourself and buy a Peer Support Pack. Retailing for far less, you can obtain a discounted price on purchasing a Peer Support Pack. Within a unique presentation folder you will find a copy of the Peer Support Workbook, the Peer Support Pocketbook, a Stress Defusion Wallet Card, a De-stress Wallet Card and an Emergency Support Network Bookmark, all for one low cost. Your complete Peer Support kit!

**Peer Support Pack Price:** AUD\$30.00 each.  
(RRP: \$45.00 AUD)

## Ordering Information

Materials may be purchased at one of our courses, using our secure online facilities at [www.emergencysupport.com.au](http://www.emergencysupport.com.au) or via mail / email order. To order by mail, email or via one of our courses, please complete the form on the reverse page. Payment can be made by cheque, electronic transfer or credit card. (We are happy to invoice your organisation, if required.) All Australian orders are subject to GST. There is no GST component on International orders.

Please send this form to:

**Emergency Support Network  
Po Box 125**

**Greenwood WA 6924**

**Email:** [info@emergencysupport.com.au](mailto:info@emergencysupport.com.au)

**Telephone:** +61 8 9203 7777



# Order Form

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### **Please note:**

Postage & Handling costs are available on application.

### ***Your Guarantee***

*If you are not satisfied with your purchase, return the materials in good condition within 7 days for a full refund.*

## Products Required:

**Peer Support Workbook, 2009**

Quantity: \_\_\_\_\_x 10 = Number: \_\_\_\_\_

Unit price: AUD \$15.00 = Subtotal: \$ \_\_\_\_\_

**Peer Support Pocketbook, 2010**

Quantity: \_\_\_\_\_x 10 = Number: \_\_\_\_\_

Unit price: AUD \$15.00 = Subtotal: \$ \_\_\_\_\_

**Stress Defusion Wallet Cards**

Quantity: \_\_\_\_\_x 10 = Number: \_\_\_\_\_

Unit price: AUD \$1.50 = Subtotal: \$ \_\_\_\_\_

**De-stress Wallet Cards**

Quantity: \_\_\_\_\_x 10 = Number: \_\_\_\_\_

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**Bookmarks**

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Unit price: AUD \$2.00 = Subtotal: \$ \_\_\_\_\_

**Peer Support Pack**

Quantity: \_\_\_\_\_x 10 = Number: \_\_\_\_\_

Unit price: AUD \$30.00 = Subtotal: \$ \_\_\_\_\_

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- All items must be purchased in multiples of ten.
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- GST costs may be applicable.

**Thank you for your order!**