

MEDIA RELEASE

FOR IMMEDIATE RELEASE
November 21, 2025

Leeds Grenville Paramedic Service Peer Support Team Receives Funding to Strengthen Mental Health Supports

The Leeds Grenville Paramedic Service (LGPS) is enhancing mental health and wellness resources for its frontline staff through its dedicated Peer Support Team. Established three years ago, this volunteer group of paramedics provides 24/7 peer-to-peer assistance, offering both formal and informal support guided by specialized training and a shared commitment to colleague well-being.


“These funds will assist in strengthening our peer support team as well as timely access to care for our paramedics, helping them stay healthy so they can keep our communities safe,” said Jeff Carss, Chief of LGPS.

Earlier this year, LGPS welcomed new members to the Peer Support Team following spring interviews, reflecting the growing need for strong mental health resources within the paramedic community.

In October, LGPS received a one-time grant of \$25,000 through Ontario’s Mental Health Supports for Public Safety Personnel (MHS4PSP) Program. This provincial initiative helps public safety organizations deliver specialized mental health services for first responders.

As part of this funding, LGPS will invest in advanced training for its Peer Support Team. In December, team members will participate in Peer Support Fundamentals, a three-day, in-person program facilitated by Warrior Health and Breakwater. Unlike traditional role-play methods, this experiential training emphasizes active listening and real-life sharing, fostering deep emotional connections and strengthening team bonds. These skills will enhance the quality of peer support available to paramedics throughout their challenging careers.

“We are thrilled to have this opportunity to further equip and strengthen our Peer Support Team,” said Leah Nielsen, Wellness Coordinator for the United Counties of Leeds and Grenville. “This training is a significant step forward in supporting the mental health of our paramedics.”

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LGPS remains committed to expanding mental health and wellness initiatives, strengthening our staff so they can stay resilient and continue delivering exceptional care and service to the communities they proudly serve.

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