

# Educators Helping Educators



Educators are often focused on others' needs, but not always their own.  
It's OK to ask for help.

Taking care of yourself is another way to take care of your students.

The *AZ Educator Peer Support Program* pairs teachers and administrators in Arizona with a trained peer coach who can help you to alleviate the pressure that can sometimes lead to destructive behavior such as substance abuse, depression, or conflict with others.

Trained Educator Peers are teachers and administrators (in Arizona) just like you. All peer coaching is strictly informal and all contact with the Educators' Peer Assistance Program is confidential. In fact, you don't even have to submit your full name (first name and last initial only).

If you are a teacher or administrator in a K-12 setting in Arizona, you can visit [www.azeducator.org](http://www.azeducator.org) and submit your request to connect with a peer. Once you submit your information and any special requests, you will be matched with an available peer coach who will contact you via email to set up a peer coaching session via conference line or video platform. Peer coaches will offer 3-5 sessions of up to 45 minutes, and can assist participants to connect with professional services as needed.

## Don't tough it out alone.

If you are struggling and want to have an informal and confidential conversation with a peer, this is for you.

[www.AZEDUCATOR.ORG](http://www.AZEDUCATOR.ORG)

