

# Peer Support Services

Our purpose is to assist you in achieving increased community inclusion and participation, independence, and productivity. One of the main factors in recovery is connection with another person. Peer Support Specialists are people who are available to help you along your journey to recovery.

Peer Support Specialists are people who have been diagnosed with mental illness. Peer Support Specialists have had or currently are receiving treatment. Peer Support Specialists have gone through therapy and/or hospitalization, and have traveled through the same system that you are currently in now.

**PEER SUPPORT SPECIALISTS ARE HERE TO HELP YOU!!!**

Whether you need someone to explain what is going on, how and why you need to fill out so much paperwork or to vent about what's going on in life. That is what we are here for.

How we can help you:

- Share coping skills
- Support, mentor, and advocate
- Find resources for basic needs (food, clothing, housing, etc)
- Assist with SSI, Medicare, and Medicaid information
- Give you someone to talk to who understands

Support Groups: Our Peer Support Specialists offer different types of support groups offered at various times during the year.

If you are interested in the Peer Support program or would like to know more you may contact your clinician.