



*DO YOU OR A FAMILY MEMBER HAVE A MENTAL HEALTH DIAGNOSIS?
WOULD YOU LIKE SUPPORT FROM A PEER?*

What is a Peer Specialist?

By example, empathizing, teaching, guiding and encouraging, conveying hope that consumers are not alone, and can reach recovery roles.

Peer Specialists Provide:

Support and Mentoring
Help with Transition from Hospital to Community
Family Support and Mentoring
Steps to Recovery
WRAP (Wellness Recovery Action Plan)
Help with Food and Clothing
Stress Management
Support Attending Appointments
NHOPE (Nursing Home) Groups
Wellness Education
RISE Academy Referrals to Classes

A Peer Specialist's Overall Goal:

Giving back the ability to defy stigma and live healthy productive lives.

**FOR MORE INFORMATION OR TO ARRANGE FOR A PEER SPECIALIST
TO CALL YOU, PLEASE CONTACT:**

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