



*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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