

Peer Support

You don't have to do this alone.

What is Peer Support?

Peer support is help from someone who has been through mental health or substance use challenges. Certified Peer Specialists are trained to listen, support, and give hope without judgment.

Who?

Peer support is for anyone who wants someone to talk to and walk with them on their journey. You don't have to go through it alone.

Why?

Peer support brings hope, connection, and understanding. Talking to someone who's been there can help you feel stronger and more confident in your recovery.

PEER SUPPORT SERVICES ARE PROVIDED AT NO-COST. NO REFERRAL NECESSARY.



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