



# Mental Health Peer Support

RECOVERY IS STRENGTHENED THROUGH CONNECTION, HOPE, AND SHARED EXPERIENCE.



Our Certified Mental Health Peer Support Specialists (CMHPS) provide trauma-informed peer support rooted in lived experience. Through mutual respect and shared understanding, peer support creates opportunities for survivors to build connection, reduce isolation, and strengthen their recovery journey.

Peer support services are available upon request and may include:

- One-on-one peer support
- Wellness and recovery conversations
- Resource connection
- Shared lived experience
- Building community and reducing isolation

**Peer support services complement clinical and behavioral health services by promoting hope, empowerment, and self-directed recovery. Peer Support Specialists do not provide clinical treatment, therapy, or professional advice.**

