



PEER SUPPORT

Peer Support Specialists have lived experiences with mental health conditions, substance use disorders or both. They walk alongside peers in recovery, offering individualized support. Peer Support offers a level of acceptance, understanding and validation not found in many other profession-based relationships. Through practical guidance, peers can develop their own goals and create strategies for self-empowerment.

(530) 225-5252



Shasta County
Health & Human
Services Agency

Through shared experiences and feelings, people gain strength, support, clarity and hope.

PEER SUPPORT ROLE

Peer Support Specialists engage in activities such as:

- advocacy for people in recovery
- resource sharing and skill building
- community and relationship building
- recovery groups
- mentoring and goal setting

PEER VALUES

Recovery—Believe in the ability to recover from mental health conditions

Honor—Hold unconditional regard for people living with mental health conditions

Hope—Resonate hope for others, even when they do not have any for themselves

Independence—Walk alongside the people we support, not for them

Accountability—Promote self-responsibility with the people we serve

Intention—Consistent focus on creation and work of goals

(530) 225-5252

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WELLNESS • RECOVERY • RESILIENCE

The Peer Support Program is partially funded by the Mental Health Services Act.

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