

What is Peer Support?

Peer support is when people use their own experiences to help others who have similar experiences with mental health conditions, substance use disorders, or both. In peer support, everyone's opinions and experiences are respected equally. The amount of support you give or receive can change based on what you need or feel comfortable with at different times. The main goal is to unite people with shared experiences and provide a space where everyone feels accepted and understood.

How Peer Support Specialists Help

Peer support specialists can help remove barriers other members of a treatment team might not be able to because of their own knowledge of what it's like to manage a mental health condition and/or substance use disorder. This also includes removing barriers to understanding and power dynamics. Their role is to assist people in finding and following their own recovery paths without judgment or requirements.

It's important to note that peer support is not a substitute for professional mental health care. Instead, it's a great addition to support someone on their journey. Here are a few added benefits of peer support:

Building Self-Esteem

Peer support can provide a sense of belonging and reassurance that can be beneficial in building self-esteem and healthy coping skills. Research also supports improvements in mental health, including increased happiness and reductions in depression, loneliness, and anxiety.

Provide Community

Connecting with others on a similar journey can provide a sense of community and belonging. It offers opportunities to connect with others, pursue goals, and help with feelings of safety and security.

Reduce Stigma

Nearly everyone is affected by mental and behavioral health challenges at some point in their lives. Peer support can help decrease the stigma often associated with seeking support for these challenges by helping people learn they aren't alone. The more you can talk openly about your experiences, the easier it becomes to ask for help when needed.

Peer Support at Seven Counties Services

Our Certified Community Behavioral Health Clinic status allows us to serve individuals with behavioral health needs regardless of their residence or insurance status. We proudly provide individualized outpatient treatment services, such as peer support, that emphasize recovery and wellness. To learn more about our peer support offerings, call (502) 589-1100 or easily request an appointment online.



Seven Counties Services