



# PEER SUPPORT

Peer Support Specialists bring hope by sharing their experiences and promoting a sense of belonging.



SUPPORT  
FROM  
SOMEONE  
WHO'S BEEN  
THERE

Please reach out to  
[peersupport@nd.gov](mailto:peersupport@nd.gov)

# WHAT IS A PEER SUPPORT SPECIALIST?

A peer support worker is someone with the lived experience of recovery from a mental health condition, substance use disorder, or both. They provide support to others experiencing similar challenges.

Peer support specialist use their experience to:

- Establish positive rapport.
- Serve as a pro-social model.
- Offer insight to the individual's care team.
- Provide support focused on advocacy, coaching, and mentoring.

Peer Support is an evidence-based practice and has shown to help the recovery process through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

## FOR MORE INFORMATION

please reach out to  
[peersupport@nd.gov](mailto:peersupport@nd.gov) or visit  
[behavioralhealth.nd.gov/peer-support](http://behavioralhealth.nd.gov/peer-support)