

What is peer support?

As we navigate the peaks and valleys of our lives, having a trusted confidant is an important part of the journey. At Mindfully, we have designed our evidenced-based peer support services to reach people at any point in their mental health journey by pairing them with certified peers who have been in their shoes.

How does it work?



Set a Goal

Peers support people in identifying their goals, hopes, and dreams. Once identified, they use these goals to create a roadmap with realistic goals for achievement.



Start the Journey

Peer support specialists walk with people on their journey and inspire hope that people can and do recover through life's obstacles.



Access Support

Every mental health journey is different and the support you may require might differ too. Peer support specialists are trained to provide a variety of self-help education, tools, and resources. They're also there to dispel myths about what it means to have a mental health condition and help break down barriers along the way.



Keep Going

Practicing positive mental health habits is an important lifelong skill. Your length of time with Mindfully is entirely up to you. Peer Support services are used before/during/after other Mindfully services like counseling and psychiatry. It's your journey and your path is up to you.

Benefits of Evidenced-Based Peer Support:

- Increased levels of self-control and ability to make a difference in their lives.
- Raised empowerment scores.
- Increased sense that treatment is responsive and inclusive of needs.
- Increased sense of hope and inspiration.
- Increased empathy and acceptance.
- Decreased psychotic symptoms.
- Increased engagement in self-care and wellness.
- Reduced hospital admission rates.
- Increased social support.
- Decreased substance use and depression.

About Peer Support



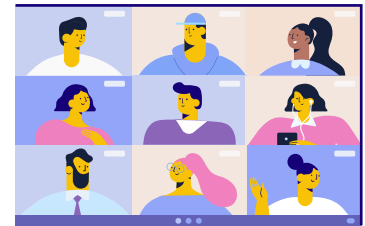
What does a peer support specialist do?

By sharing their own lived experience and practical guidance, peer support specialists help people to...

- develop their own goals
- identify hopes and dreams without judgement
- create strategies for self-empowerment
- take concrete steps towards building fulfilling, self-determined lives for themselves

Where does peer support take place?

Peer support can take place anywhere! Our certified peers offer virtual 1:1 and group support. We partner with individuals, schools, community-based organizations and more!



How does peer support compare to other mental health services?

Peer support is a great entry into mental health and complements other mental health services well. Certified specialists support people's progress towards recovery and self-determined lives by sharing vital experiential information and real examples of the power of recovery. It does not however replace services provided by counselors, therapists, psychiatrists, and other members of a treatment team.

Take the First Step: Reach Out!

Let us be your partner in mental health. Visit www.mindfully.com/peersupport to begin your peer support journey today.

