

PEER SUPPORT

Peer support refers to support given by someone who has a life experience with mental illness. People receive peer support through support groups, peer-run programs and from trained peer providers called Certified Peer Specialists, people with lived experience who have been successful in their own recoveries.

HOW ARE PEER SPECIALISTS TRAINED? In Wisconsin, peer specialists go through a training and certification process and complete continuing education hours. You can learn more about this process, upcoming trainings and peer specialist employment opportunities at wicps.org.

HOW DO I ACCESS PEER SPECIALIST SERVICES? The availability of peer specialist services varies by county. You might receive peer specialist services through an Independent Living Center (pg. 82), the Dept. of Vocational Rehabilitation (pg. 67), a Comprehensive Community Services program (pg. 27), the Community Recovery Services program (dhs.wisconsin.gov/crs/index.htm), a peer-run respite (pg. 32) or another organization in your community.

HOW CAN I RECEIVE PEER SUPPORT THROUGH NAMI? Peer-to-Peer, a 10 week course run by and for people with lived experience • Connection to Recovery support group run by and for people with lived experience • Some local NAMI affiliates have peer and/or family advocates on staff • Family-to-Family, a 12 week course run by and for families • Family Support Groups run by and for families • NAMI can also recommend other sources or peer support!

MORE INFORMATION ABOUT PEER SUPPORT AND THE RECOVERY MOVEMENT: Contact Grassroots Empowerment Project, a Wisconsin nonprofit run by and for mental health consumers/survivors • grassrootspower.org • (800)-770-0588

“Peer-to-Peer made me feel I was not alone in coping with mental illness; it gave me hope that I could recover and that my life would not always be filled with chaos; it gave me positive role models to inspire me to strive for recuperation and success in life.”

—Peer-to-Peer participant