What is Peer Support Service?
Peer Support Services (PSS) are recovery-focused, person-centered services for people aged 18 and older who are living with mental illness or substance abuse. With the help of a Certified Peer Support Specialist, people learn how to manage their own recovery and build self-advocacy skills.

How Can I Access RHA Peer Support Services?
To find out more or to make a referral, please contact:

RHA Health Services
C3356 Comprehensive Care Center
356 Biltmore Ave.
Asheville, NC 28801
Phone: 828-254-2700
Fax: 828-254-1524

www.rhahealthservices.org

Healing through helping others, a cooperative approach to recovery.
Having guidance and support from someone who has “been there” is what many in recovery value the most about Peer Support Services. Peer Support Specialists serve not only as mentors but also as sources of hope and inspiration to people who are just beginning the recovery process:

“It is good to have someone to talk to who does not judge.”

How Can a Peer Support Specialist Help?
Peer Support Specialists help people in recovery to:

- Identify personal strengths that can help them reach and maintain their recovery goals.
- Develop coping skills that will enable them to better manage their mental illness and/or addiction.
- Build peer relationships and create stronger natural support networks.
- Enhance their social skills allowing them to live, work and participate more fully in their communities.
- Increase their understanding of mental illness and/or addiction.
- Develop a Wellness Recovery Action Plan (WRAP) that focuses on strategies for reaching personal goals, crisis planning, and relapse prevention.
- Build confidence and self-advocacy skills.

• Navigate community services and resources such as housing, social services, education and employment assistance, health services, etc.
• Talk openly about treatment and their overall recovery experience.