

SUPPORT CONNECTIONS

Peer Support Specialists

What is Support Connections and Peer Support?

Support Connections is a collaborative project between Northwest Family Services and NAMI Clackamas to provide culturally specific Peer Support Specialists (PSS). Support Connections relies on individuals who live with or have experienced mental illness to provide peer to peer support to others to promote wellness and recovery. Peer Support is emotional, practical and social support and can be one of the most significant tools to recovery. Peer support is about getting help from someone who's been there. PSS are mental health consumers who have completed specific training that enables them to support a person's wellness and recovery.

What services does Support Connections provide?

- Assisting in the development of self-based goals.
- Mentoring and advocacy in areas that may need additional support.
- Providing education on ways to maintain wellness and recovery.
- Providing education on navigating the mental health system.
- Helping schedule medical appointments and finding medical providers.



SUPPORT CONNECTIONS

снрррр CONNECTIONS

If you have questions about Support Connections please contact Northwest Family Services or NAMI



Kimberly Lopez
503-546-6377

 **NAMI** Clackamas County
National Alliance on Mental Illness

Maeve Connor
503-344-5050

Resource for?

Anyone that identifies as having a mental illness or mental health issues, such as:

- Anxiety
- Depression
- Stress
- PTSD
- ADHD
- Bipolar Disorder
- Schizophrenia