

# Peer Support Services (PSS)



## What are Peer Support Services?

Peer support services are provided by and for people with a mental illness and are designed to assist people with their recovery. Peer support consists of supportive interactions based on shared experiences among people and is intended to assist people to understand their potential to achieve their personal goals. Peer support agencies accomplish this by providing choice, using non-medical approaches to help, sharing decision making, encouraging informed decision making about all aspects of people's lives, challenging perceived self-limitations, and more.

## **Interactions are based on trust, respect, and mutual support**

Services may include:

- Face-to-face and telephone peer support
- Outreach
- Daily programming including activities that promote self-advocacy
- Support groups
- Wellness training
- Educational and community events
- After hours warm line
- Crisis respite and step-up or step-down as needed

## The Benefits

Peer Support Services are offered in tandem with behavioral health services and have been shown to reduce inpatient hospitalizations, improve social functioning, and improve overall quality of life for participants (Klein, Cnaan & Whitecraft, 1998). Peer support has been identified as a best practice and is indicated as one of the Ten Fundamental Components

of Recovery developed by the Center for Mental Health Services (SAMHSA, 2004).

Peer support:

- Offers positive role models for people with mental health challenges
- Is a means to combat negative self-image or self-stigma
- Turns isolation into engagement by supporting an individual's productive role as part of the larger community

## Download the NH Peer Support Agencies Flyer

For a printable PDF, download the brochure at:

<https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/nh-peer-support-agencies-brochure-fy25.pdf>

## Learn More and Find Support

- Local Peer Support Agencies: <https://www.dhhs.nh.gov/programs-services/mental-health/peer-support-agencies>
- SAMHSA Peer Support Workers for those in Recovery: <https://www.samhsa.gov/substance-use/recovery/peer-support-workers>
- Strong as Granite resources: <https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite>

