

Am I Eligible and How Do I Enroll?

The program is open to individuals **18 years of age or older** residing in Allegheny County. To be eligible, a diagnosis of schizophrenia, major mood, psychotic or borderline personality disorder is needed. If you are unsure, ask your therapist or doctor to see if you qualify. Exceptions may be requested for other diagnoses.

Call for information:

412-894-2359

Download a referral form and enroll today.

Go to www.peer-support.org and click on the services link

Who We Are?

Peer Support and Advocacy Network is a consumer-run non-profit organization offering peer support to individuals with mental illness through a variety of programs. All programs focus on recovery and the provision of hope and understanding.

Peer Support & Advocacy Network (PSAN)

960 Penn Ave. Suite 1100

Pittsburgh, PA 15222

Phone: 412 227-0402

www.peer-support.org

PSAN provides services and employment opportunities without regard to race, color, national origin, gender, sexual orientation, disability, age, religion, ancestry or any other legally protected classification.



Certified Peer Specialist Program

Choose to regain control of your recovery, wellness and life.

Collaborative, respectful support promoting personal recovery

Certified Peer Specialists...

- Actively listen to your needs.
- Offer understanding and support through shared experience.
- Work with you to set personalized goals and action plans.
- Teach self-advocacy.
- Share resources.
- Create community connections.
- **Encourage you to believe in yourself and your recovery.**

A Certified Peer Specialist is someone who...

- is **trained & certified** to provide support services for mental health recovery.
- has **lived experience** of mental health recovery.
- **empowers peers** to live satisfying, healthier lives through goal setting & personal development
- teaches **coping & problem-solving** strategies
- **INSPIRES HOPE!**

Improved Wellness and Recovery

Using SAMHSA's ***Eight Dimensions of Wellness*** to guide a holistic approach to recovery, a Certified Peer Specialist will work with you to discuss meaningful goals in one or more of these important dimensions; emotional, financial, social, spiritual, occupational, physical, intellectual, and emotional. Each of the dimensions contribute to your overall wellness and individual recovery.