



IN RESPONSE TO COVID-19 AND THE OREGON WILDFIRES, MENTAL HEALTH & ADDICTION ASSOCIATION OF OREGON IS NOW OFFERING ON-CALL PEER SUPPORT SERVICES TO PEERS IN THE TRI-COUNTY AREA.

WHAT IS PEER SUPPORT?

Peer Support is a peer recovery practice involving listening, mutual learning, respect and hope. Peer Support happens when someone who has been there comes alongside a person to listen and accompany them, providing connection and context for each person's unique recovery journey.

Those who provide authentic peer support believe in recovery and work to promote these values:

- Recovery is a choice
- Recovery is unique to the individual
- Recovery is a journey, not a destination
- Focusing on strengths allows a person to recognize their potential and to make new choices
- Self-directed recovery is possible for everyone, with or without professional help (including the help of peer specialists or peer providers)

Peer Support Services make room for personal growth by honoring the unique worldview and self-determination of each person served.

EVOLVE PEER DELIVERED SERVICES IS A PROGRAM OF MENTAL HEALTH & ADDICTION ASSOCIATION OF OREGON.

LEARN MORE AT WWW.MHAOFOREGON.ORG



**HAVE YOU BEEN IMPACTED BY COVID-19 OR THE OREGON WILDFIRES?
OUR PEER SUPPORT SPECIALISTS ARE HERE TO HELP!
CALL US MONDAY THROUGH FRIDAY, 9AM - 5PM.**



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