

## How can peers help you?

Peers can relate to others in a non-clinical, more personal way as they have a similar lived experience. Peers are positive role models and offer hope to others, demonstrating by their own life that recovery is possible.

Tasks performed by Peer Support Specialists may include helping you to:

- Express and achieve your goals for recovery
- Monitor your own progress
- Learn effective coping and self-help strategies
- Find effective services and supports
- Get the most from your Person-centered planning process
- Develop wellness plans
- Develop advance directives
- Get support during a crisis
- Participate in the community
- Become more independent and productive

## Whom To Contact

If an individual is at immediate risk of seriously harming themselves or someone else call 911

- New Mexico Crisis and Access Line

Call toll free anytime 24/7/365  
1-855-NMCRISIS (662-7474)

- NM POISON & DRUG INFORMATION CENTER  
1-800-222-1222

**AMADOR RECOVERY HELPLINE**  
**575-395-6953**



[www.amadorhealthcenter.org](http://www.amadorhealthcenter.org)  
999 W. Amador Ave., Annex Ste D  
Las Cruces, NM 88005



## What is the role of a Peer Support Specialist?

Peer Support Specialists strive to empower individuals to achieve their goals, hopes, and dreams, and connect them with their personal recovery journey.

### Recovery is Possible



A Peer Support Specialist is a person who has walked a path of recovery from mental illness or substance use and is employed to assist others in their journeys of recovery.

Peers promote hope through positive self-disclosure, demonstrating that recovery is possible. They provide role models of self-care and the effective use of recovery skills. They lead support groups. Their experience and knowledge help others in managing day-to-day life, not only with the illness but also with the social and human service systems. They also help people overcome discrimination, stigma and/or trauma.

Peers listen attentively with respect, acceptance, and encouragement to the wants and needs of the people with whom they work.

They assist people in obtaining resources, overcoming barriers, building protective factors, and pursuing their goals and dreams.

Working on recovery and a life of health and wellness is a journey that takes time and daily work. Setbacks or relapses are possible. With the coping skills, supports and tools you learn, life can and will return to one of maintenance much sooner. Peers have walked this road and understand in a way others who have not lived with a behavioral health disorder cannot.

## Where can I find a Peer Support Specialist for help?

NM Crisis Peer to Peer Warmline  
1-855-466-7100

Call or text to connect with a peer

Call 7:00 am – 11:30 pm  
Text 6:00m pm – 11:00 pm



Amador Recovery Helpline  
575-639-6953  
Call or Text

All peers strive to empower individuals toward their own recovery goals, success, and dreams.

## What is Recovery?

AMADOR HEALTH CENTER  
Recovery Project

Definition:

Recovery is a personal journey of hope, purpose and growth. It is the process of setting our own directions in life. We accept the responsibilities of meeting challenges, using our own abilities, strengths and determination.

Peers offer HOPE both verbally and by the lives they are living. Peers are often easier to talk with as they have walked a similar path to yours. Peers may have:

- Worked with a therapist and/or psychiatrist
- Learned coping skills
- Learned about medications and other treatment options
- Found housing, food, medical care, dental care...
- Utilized community resources
- Overcome alcohol and/or drug addictions
- Applied for disability, food stamps, utility or housing assistance...
- Returned to school or work
- Found places where they can volunteer
- Built trusting relationships