



THE POWER OF PEER SUPPORT

A peer support specialist is someone who can walk with you on your path to recovery and wellness because they have “been there, done that.”

A peer support specialist has worked on their own recovery from mental health and/or substance use challenges. They have maintained their recovery and taken special training. They are willing to share what they have learned to help others in their recovery.

Where can I get peer support?

You can get peer support in your community. Each county in Pennsylvania has peer support services. Certified recovery specialists (CRS) and certified peer specialists (CPS) also work in many places like mental health centers, hospitals, emergency services, prisons, rehabilitation programs, and drop-in centers.



Certified peer specialists help you to:

- Make a personal recovery plan.
- Set goals to get well and stay well.
- Navigate the system and advocate for you.
- Find resources in your own community.
- Teach you recovery skills.
- Walk beside you and show you how you can recover.
- Use your power to get what you need.

For more information about getting peer specialist services, call the Customer Service number for your county listed below.

County

Customer Service

Adams

1.866.738.9849

Allegheny

1.800.553.7499

Berks

1.866.292.7886

Blair

1.855.520.9715

Bradford, Cameron, Centre, Clarion, Clearfield, Columbia, Elk, Forest, Greene, Huntingdon, Jefferson, Juniata, McKean, Mifflin, Montour, Northumberland, Potter, Schuylkill, Snyder, Sullivan, Tioga, Union, Warren, and Wayne

1.866.878.6046

Carbon, Monroe, and Pike

1.866.473.5862

Chester

1.866.622.4228

Delaware

1.833.577.2682

Erie

1.855.224.1777

Lackawanna, Luzerne, Susquehanna, and Wyoming

1.866.668.4696

Lycoming and Clinton

1.855.520.9787

York

1.866.542.0299

TTY

1.877.877.3580

En español

1.866.229.3187