Peer Support Services

Understanding peer support

Peer support means getting help from someone who has experienced their own challenges with mental health, drugs, and alcohol. Peer support specialists are trained to listen and support you. Using their personal experiences, they offer understanding, hope, and empowerment.

What happens in peer support

You meet one-on-one with a certified peer specialist or join one of the Central Health peer support groups.

With peer support, you receive:

- Respect for your choices and goals.
- Support from someone who has been through similar situations.
- Time and space to talk about what matters most to you.
- Help with staying connected to your health care team.
- A supportive community of people who relate to your experiences.

How peer support fits into your care

Peer support works in collaboration with your health care team. They do not provide therapy, medical care, or advice about medicines. They listen, support, and encourage you. They help you stay focused on your goals. This support is available at any time while you are receiving services from Central Health.



Connect with a Central Health Peer Support Specialist

To learn more or make an appointment, talk to your care team or call 512.978.8130. If you need transportation, Central Health may be able to help when you call.

If you need help during a difficult moment, call or text 988 for support 24/7.