

# PEERhelp



## Support help line for people living with substance use issues

Calls to the peer line are answered by Certified Peer Recovery Specialists who have experienced substance use issues and mental health challenges in their lives. They have a deep understanding of what you are going through and are here to provide emotional support, comfort and referrals to resources. All calls are confidential.

### Call if you are experiencing:

- Substance use issues
- The need for recovery support
- Life challenging issues
- Problems with family or friends
- Loneliness
- Anxiety
- Depression
- Other emotional or mental health challenges

If you are in crisis or considering suicide, call the 24-Hour Respond Crisis Hotline at 800.366.1132.

**Call us:**

**Monday-Friday  
Noon-10 p.m.**

**877.PEERHLP  
(733.7457)**

