

## What are Peer Support Services?

- Peer Support Services are for persons over 16 with severe and persistent mental illness, substance use and abuse, and those transitioning into independent living.
- Assist in reaching stable recovery, quality lifestyle, and independent functioning.
- Individualized person-centered plans that can include group and/or individualized services.
- Peer Support Specialists help to increase skills and knowledge in basic benefits, housing, community resources, and community inclusion.

## What is a Peer Support Specialist?

- A person living in active recovery from substance/opioid use disorder and or mental illness.
- Provide support to individuals with substance/opioid disorder/mental illness who are seeking support, treatment, and/or recovery.
- Certified through the NC Certified Peer Support Specialist Program.



Contact or Visit

**(919) 934-0431**

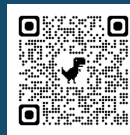
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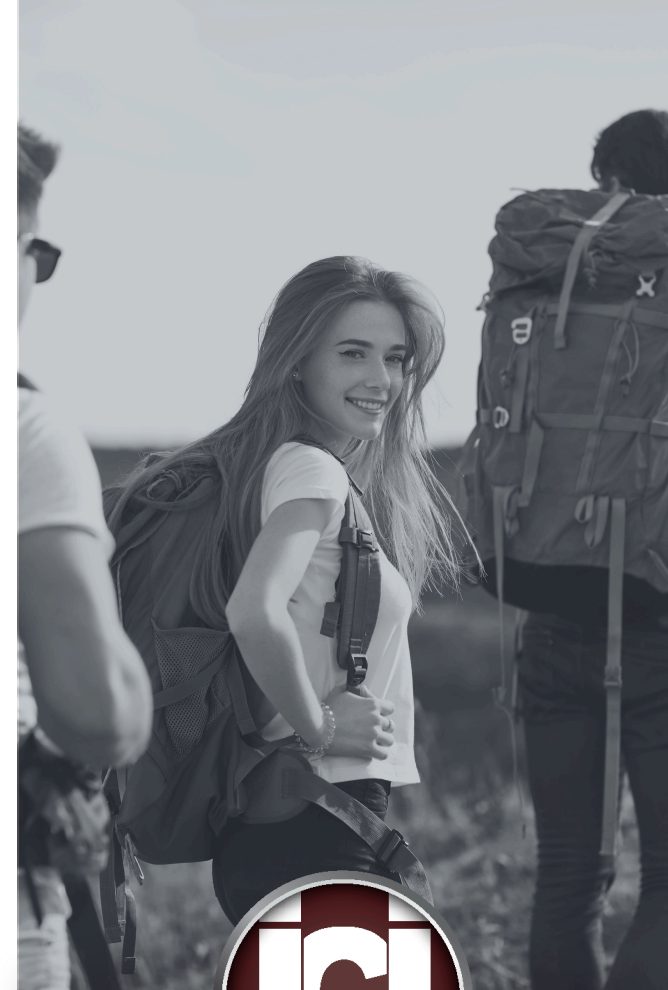
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## PSS Program

Peer Support  
Services

# DISCOVER

*Your Support System*

## PSS Provides Assistance With:

- ➔ Peer counseling
- ➔ Assistance with basic needs
- ➔ Assistance with benefits
- ➔ Development of natural support network
- ➔ Help with housing, education and independent living
- ➔ Linkage to services and resources
- ➔ Social opportunities
- ➔ Arts and expression
- ➔ Structured educational or support groups
- ➔ Community inclusion

# RECOVER

*Your Mental Health*



"The program has been amazing for me. And sometimes I keep pushing just because of the support I have from you all.

**When I have feelings of doubt or insecurities, sometimes you all are my reason to keep pushing."**

# ACHIEVE

*Your Independence*

## Recovery is...

- ✓ Self-directed and empowering
- ✓ A personal recognition of the need for change and transformation
- ✓ A time of improved health and wellness
- ✓ Supported by peers and allies
- ✓ A process of healing and self-redefinition
- ✓ Addressing discrimination and conquering shame and stigma
- ✓ Rejoining and rebuilding a life in the community

✓ **Possible - it can, will, and does happen!**