

HOW PEER SUPPORT CAN ASSIST ON YOUR RECOVERY JOURNEY

Peers have lived experience of recovery from substance use and special training to work with people seeking or in recovery. Peers:

- Give hope, as they are living proof that recovery is possible.
- Are understanding and non-judgmental, meeting you wherever you are on your recovery journey.
- Make you feel understood because they've been where you are.
- Base their relationships on mutual respect and sharing to help you overcome barriers in pursuing an improved quality of life.
- Link you to resources in the community to support your goals and recovery.
- Provide practical tips on how to build a sober lifestyle and offer encouragement in the event of a relapse.
- Are available by phone, text, or in person to act as a lifeline when challenges arise that may test your recovery.

