

# NAMI SCC Peer PALS Program

## *Our Vision*

*Increasing mental and spiritual wellness for mentally ill persons through the support and friendship of their peers*

### **Who is a Peer Pal?**

A *Peer Pal* is someone who has “been there”, is now doing well in his/her recovery, and wants to share their hope and friendship with a peer who also has a diagnosis of mental illness. Peer Pals visit their Peers at least once a week and also call at least once a week. Our Peer Pals have been trained through NAMI’s Peer-to-Peer recovery education and mentoring classes, or have completed similar training through a community college or community service agency.

### **Why would I want to be a Peer Pal?**

The most compelling reason to become a Peer Pal is deeply caring about others and wanting to make a difference. Many people who have experienced numerous episodes of mental illness have found ways to cope and practice healthy living, often through the

*The meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed.* Carl Jung

support of their peers. Peer Pals want to give back. Peer Pals also receive monthly training together with their Peer Pal colleagues— an opportunity to learn more about recovery and to be in community with their peers – and a stipend.

### **Who is a Peer?**

We call a person who is receiving the support of their Peer Pal a *Peer*. Peers receive



friendship and support from their- Peer Pals. They are consumers who are not doing as well with their recovery and are

willing to be matched with another consumer who can enjoy time with them or just be there for them, and can help them on their journey to recovery.

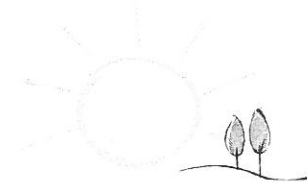
### **Why Would I Want a Peer Pal?**

Peer pals are well-acquainted with the struggles, fears, isolation, and hopelessness that all who are experiencing mental illness share in common. Because peer pals share the experience of mental illness in common with their peer, they are in a unique position to relate with and under-

*Friendship makes prosperity more shining and lessens adversity by dividing and sharing it.*

stand their peer’s experience. We take care to match peers and peer pals who share common interests, because we want our peer pals and peers to *enjoy* their time together.

### **Is there a cost to have a Pal From Our Program?**



No. The funding is supplied solely by NAMI SCC from donations, grants, and be-

quests of benefactors who support our Program. If you know someone or an organization who may be interested in supporting our worthwhile program, please give their contact information to the NAMI main office, and specify that you are expressing an interest to support the Peer Pals program. An authorized representative of NAMI will be glad to discuss the merits and benefits of doing so with the individual or organization, so that our program may continue to meet the needs of individuals and families desiring our services.

### **Are Pals paid for their involvement in helping others?**

Yes, Pals are recognized monetarily for their valuable time allocated in the help and support of those in need.

### **If you would like to have a Pal or want to become a paid Peer Pal:**

Fill out the interest form on the opposite page. Give this information to the NAMI office by phone, e-mail, or mail at the listed contact numbers/addresses.