



# Peer Support Specialist Services

## Support is strongest from those with shared experiences

A Peer Support Specialist (PSS) is someone who has gone through mental health challenges and has used community mental health services. They may have dealt with these issues themselves or know someone who has. Their role is to share their experiences and provide support to others facing similar situations.

Your PSS can encourage you, share useful ideas, and guide you as you work with MCCMH. They can also assist you in finding the resources you need.

All MCCMH PSS are trained to help people as they work on their recovery. They must complete certification training and maintain any training required to stay certified.

PSS create a sense of:

- Respect
- Dignity
- Trust
- Hope
- Responsibility
- Empowerment



## **PSS help by:**

- Talking openly about their treatment and recovery journey
- Helping you find and understand services and resources
- Building peer relationships and creating stronger support systems
- Recognizing personal strengths that can help you reach and keep recovery goals
- Showing positive coping skills, resilience, and how to speak up for yourself

Peer Support Services are offered through many of MCCMH's treatment programs and are available to adults with all types of mental health challenges.

**Call 855-99-MCCMH (855-996-2264) to learn more or get started today!**

**For 24/7 support, call the MCCMH Crisis Line at 586-307-9100.**



**MACOMB COUNTY**  
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



[mccmh.net](http://mccmh.net)



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