

what is a NAMI DuPage Family Peer Specialist?

- Family members of individuals living with mental illness, who are trained to work with other families in similar situations.
- Someone who knows how to listen, is equipped with useful resources, and can help you care for your own well being - while you help your loved one **find recovery**.

The mission of the **Peer Specialists** is to bring their lived experience and foster a professional, peer relationship to provide **empowerment, hope, and support** to families and individuals on the path to recovery.



The mission of NAMI DuPage is to provide support, advocacy, and education in order to improve the quality of life of individuals with mental illness and their families.

We invite you to explore the many other programs and resources NAMI DuPage offers for our local communities.

NAMI DuPage is a 501(c)3 nonprofit organization located in Wheaton, IL.



www.namidupage.org



NAMI DuPage Peer Specialists



...are your guides to recovery on the road ahead.



what is a NAMI DuPage Individual Peer Specialist?

- An individual who lives with a mental illness and has found recovery.
- Someone who has undergone intensive training to resolve crises and help others find their own path to recovery.
- One of many individuals with different diagnoses and backgrounds to best match your needs.
- Someone who can use their own experience to help you discover new insights, strengths, and opportunities for your own life.

Connect with a Peer or Family Specialist by calling NAMI DuPage today!

(630) 752-0066
www.namidupage.org

NAMI DuPage is open M-F from 9am-4pm. A Peer Specialist may be available to meet during other hours.

what can a NAMI DuPage Peer Specialist do for you?

Simply put, a Peer Specialist is someone who can help guide you toward recovery. Peer Specialists use their own journey with mental illness to help others. A Peer Specialist will listen closely, help you identify goals, connect you with resources, and be your constant mentor on the road to recovery and well-being.

A Peer Specialist is not a clinician. They do not perform therapy or prescribe medication.

Instead, a Peer Specialist provides accessible and personal mentoring and coaching for your daily life. They will keep you focused on your goals while progressing toward health and recovery.



FAQs

Can I find a Peer to match my specific story?

We have Peer Specialists with diverse diagnoses and backgrounds, and we will do our best to help you find the right Peer Specialist.

How much does a Peer Specialist cost?

Nothing. For scheduled and ongoing one-on-one meetings with a Peer, there is no charge.

Can a Peer be a substitute for therapy?

No. A Peer does **not** provide treatment, but can help you find the right professional help.