

Certified Peer Support Specialist Services

A Certified Peer Support Specialist (CPSS) is someone who has been trained to support others to build a meaningful, self-directed life, using their own lived experience in recovery from mental health challenges.

A CPSS does not provide clinical therapy or counseling, diagnose mental health or substance use conditions, or make decisions on your behalf. Instead, they empower you to make your own informed choices through offering support and encouragement.

Information & Assistance

For further information or for questions or concerns, please contact:

Customer Services:
(734) 243-7340 TTD: 7-1-1

Suicide and Crisis Life Line: 9-8-8

Who is eligible?

- Any person living with a mental health disorder

What is expected of me?

- Be honest about your goals, needs, and challenges
- Attend appointments or notify your CPSS if you cancel
- Take responsibility for your recovery decisions
- Practice the coping skills and strategies you choose

What to expect from my CPSS?

- Compassionate, non-judgmental support from shared lived experience
- Help building your own individualized recovery plan
- Connections to community resources and support networks
- Encouragement and accountability throughout your journey
- Coaching in coping skills, self-advocacy, and problem-solving strategies
- Support through life transitions, setbacks, and challenges

Recovery includes:

- Mental, emotional, and physical wellness
- Social connection and meaningful relationships
- Employment, education, and purposeful activity
- Stable housing and financial well-being

Talk With Us.

MONROE COMMUNITY MENTAL HEALTH AUTHORITY

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