

FREE Veteran Peer Support

Who are Veteran Peer Support Specialists?

They are Veterans who use their personal experiences with military culture, mental health challenges, and recovery to support and inspire hope in other Veterans.

Our Peer Support Specialists Can Assist You to:

- Get information and support to make your goals a reality
- Create a personalized safety/relapse prevention plan
- Make informed, independent choices
- Identify and build on your strengths
- Access community and Veterans resources
- Answer questions about mental illness
- Offer support in times of struggle and crisis
- Develop coping skills and maintain recovery

“ My role is to be a **mentor**, a **role model**, and an **advocate** for Veterans! ”

Who can participate?

This program is open to Veterans and military service members, regardless of discharge status, across Oregon. Services can be provided in-person at our NE Portland office, or remotely via phone or video chat.

Meet Our Peer Support Specialists



Alex Campos - Marine Combat Veteran
Tammy Davis - Post-9/11 Army Veteran

To get started, call the NAMI Multnomah HelpLine at **503-228-5692** or email info@namimultnomah.org.

Programs for Veterans and Loved Ones



SUPPORT

www.namimultnomah.org/support

Veteran Support Group

Supportive place for Veterans and Active Military Service Members living with mental health challenges.

Thursdays

6:00 PM - 7:30 PM

Veteran Family Support Groups

Supportive place for loved ones of Veterans and Active Military Service Members living with mental health challenges.

Second Thursday of each month

6:00 PM - 7:30 PM



EDUCATION

www.namimultnomah.org/education

Veteran Peer-to-Peer Class

Mental health, wellness, and recovery for Veterans experiencing mental health challenges.

Veteran Peer Support

Specialist Training

Designed to educate and empower peers pursuing work in peer-delivered services.

Homefront Class

For family members and friends of Veterans who live with mental illness.



ADVOCACY

www.namimultnomah.org/advocacy

Evening with the Experts

This program aims to increase public awareness about mental illness by hosting community forums on various topics in the mental health community.

Community Presentations

Individuals with lived experience advocate for themselves and their peers through presentations like First Step, which assists inpatient psychiatric patients on their journey of recovery.

**Check out all of our free programs at www.namimultnomah.org,
or call our HelpLine at 503-228-5692.**