



## Is Peer Support the Right Career for You?

### What is a peer support worker?

Peer support workers are people with a personal experience of recovery from mental health, substance use, or co-occurring conditions. Peer support workers receive specialized training to guide and support others who are experiencing similar mental health, substance use, or co-occurring issues toward increased wellness.

### Qualifications for Peer Support Workers

- Identify as having lived experience of mental health, addictions, or co-occurring conditions.
- Obtain a state or national certification to be a peer support worker by completing an approved training course.
- High school diploma or GED where applicable.
- Have a valid driver's license is helpful for employment, but not required in all peer positions.
- A background check may be required for certification.

### What does a peer support worker do?

Peer Support workers support others in a recovery-oriented, non-clinical, and strengths-based way. Supporting others through their recovery journey may include:

- Holds hope that everyone can recover
- Accesses community resources
- Supports people in identifying their goals, hopes, dreams, and how to get there
- Engages peers in collaborative and caring relationships
- Personalizes peer support to each peer they support
- Supports recovery planning
- Links to resources, services, and supports
- Promotes leadership and advocacy
- Provides information about skills related to health, wellness, and recovery
- Helps peers to manage a crisis
- Values communication
- Supports collaboration and teamwork
- Promotes growth and development

Find more information on this topic at [www.peerlinktac.org](http://www.peerlinktac.org). This document is made possible by grant funding from the Substance Abuse and Mental Health Services Administration (SAMHSA) Grant # SM062558. The views, opinions, and content expressed in this document do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).