PEER SUPPORT SERVICES

What is Peer Support?
Peer support encompasses a range of activities and interactions between people who share similar experiences of being diagnosed with mental health conditions, substance use challenges, or both. This mutuality—often called “peerness”—between a peer support worker and person in or seeking recovery promotes connection and inspires hope.

During the COVID-19 “Shelter In Place” Sally’s Place staff will be providing crisis peer support and remote peer services 24 hours a day.
Call us at 510-963-9849 for immediate peer support.

Eligible Individuals:
- Are 18 years of age or older,
- Are experiencing mental health concerns or distress,
- Resides in Alameda County
- Voluntarily agree to engage in services

What to expect
- Receive support from compassionate peer staff.
- Linkages to other resources and services.
- Compassionate listening and emotional support.

Contact: sallysplace@lafamiliacounseling.org - (510) 963-9849
Website: lafamiliacounseling.org