

## NAMI SMC Peer PALS Program

### Our Vision

*Increasing mental and spiritual wellness  
for persons with mental illness through the  
support and friendship of their peers*

### Who is a Peer PAL?

A PAL is an individual aged 18+ who has “been there”, is now doing well in his/her recovery, and wants to share their hope and friendship with a peer who also has a diagnosis of mental illness. PALS and their Peers go on an outing once a week and connect twice a week by phone. Our PALS have been trained through NAMI's Peer-to-Peer recovery education and mentoring classes, or have completed similar training through a community college or community service agency.

*The meeting of two personalities is like the  
contact of two chemical substances; if there  
is any reaction, both are transformed.*

Carl Jung

### Why would I want to be a PAL?

The most compelling reason to become a PAL is deeply caring about others and wanting to make a difference. Many people who have experienced numerous episodes of mental illness have found ways to cope and practice healthy living, often through the support of their peers. PALS want to give back. PALS also receive monthly training together with their PAL colleagues— an opportunity to learn more about recovery and to be in community with their Peers – and receive a stipend.

**nami** San Mateo County  
National Alliance on Mental Illness

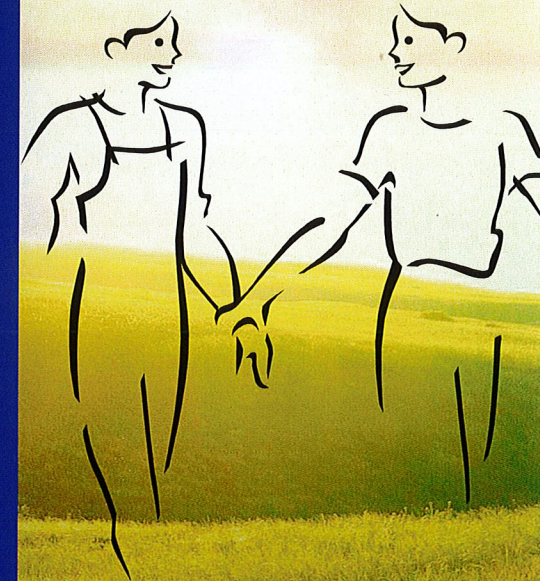
1730 S. Amphlette Blvd. #308  
San Mateo, CA 94402

**nami**  
National Alliance on Mental Illness

San Mateo County

# Peer PALS

## Program



**National Alliance  
on Mental Illness  
San Mateo County**

For Information, please call:  
**(650) 638-0800**

Or email:  
**peerpals@namisanmateo.org**

1730 S. Amphlette Blvd. #308  
San Mateo, CA 94402  
**namisanmateo.org**

Affiliated with NAMI California  
and NAMI National



### Who is a Peer?

We call a person who is receiving the support of their PAL a Peer. Peers, aged 18+ receive friendship and support from their PAL. They are individuals who are not doing as well with their recovery and are willing to be matched with another individual who can enjoy time with them or just be there for them, and can help them on their journey to recovery.

*Friendship makes prosperity more shining and lessens adversity by dividing and sharing it.*

### Why Would I Want a PAL?

PALS are well-acquainted with the struggles, fears, isolation, and hopelessness that all who are experiencing mental illness share in common. Because PALS share the experience of mental illness in common with their Peer, they are in a unique position to relate with and understand their Peer's experience. We take care to match Peers and PALS who share common interests, because we want our PALS and peers to enjoy their time together.

### Is there a cost to have a PAL From Our Program?

No. The funding is supplied solely by NAMI SMC from donations, grants, and bequests of benefactors who support our Program. If you know someone or an organization who may be interested in supporting our worthwhile program, please give their contact information to the NAMI main office, and specify that you are expressing an interest to support the Peer PALS program. An authorized representative of NAMI will be glad to discuss the merits and benefits of doing so with the individual or organization, so that our program may continue to meet the needs of individuals and families desiring our services.

### Are PALS paid for their involvement in helping others?

Yes, PALS are recognized monetarily for their valuable time allocated in the help and support of those in need.

### If you would like to have a PAL or want to become a paid PAL:

Fill out the interest form on the opposite page. Give this information to the NAMI office, e-mail, or mail at the listed contact numbers/addresses.

## PEER PALS INTEREST FORM

- ☐ I'd like the friendship/support of a PAL
- ☐ I'd like to apply to be a PAL
- ☐ I'd like more information about Peer PALS

Your Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

(day) (evening)

Best time to you reach you by phone \_\_\_\_\_

Email \_\_\_\_\_

Comments:

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### Please return your interest form to:

Peer PALS Coordinator  
NAMI San Mateo County  
1730 S. Amplette Blvd. #308  
San Mateo, CA 94402

OR

Call: 650.638.0800

Email: [peerpals@namisanmateo.org](mailto:peerpals@namisanmateo.org)

Web: [namisanmateo.org](http://namisanmateo.org)