

Peer Mentor Program

Help is here for you.

Find support,
hope and
encouragement



Tri-City Mental Health offers free support services to individuals **ages 18 and older** who are affiliated with the cities of **Claremont, La Verne or Pomona.**

Peer mentors are volunteers who are trained to listen to your concerns and provide individualized emotional support. **It's free and confidential.**

Do you need Peer Support?

Support from friends and family is important, but sometimes talking to someone who has been in similar life situations can be the best way to improve well-being. Connect with a peer over the phone and talk about any issues or feelings you are experiencing.

Talk to a peer mentor about:

- Stressful life events and coping skills
- Feeling isolated, depressed or overwhelmed
- Relationships
- Resource navigation
- Child and parent/caregiver challenges
- Work or school stress



Peer mentor services are provided at no cost to participants. This is made possible through funding from the Mental Health Services Act (MHSA).



For more information or to receive support, contact:

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