

THE COMPEER PROGRAM

including the *NEW Compeer for Seniors* Program

Making Friends...Changing Lives

Using the power of volunteer friends to improve the lives of people striving for good mental health.

A program of



Freedom House
Recovery Center

COMPEER

Compeer harnesses the power of friendship and mentoring to combat the loneliness and isolation that people with mental illness often experience.

Compeer is a program that helps adults overcome the devastating effects of mental illness, such as loneliness, isolation and low self-esteem through the power of friendship. Our volunteer-based program, which serves as a complement to therapy, provides supportive friendships for people coping with mental illness – helping them along in their recovery journey.

After being carefully screened and trained, a Compeer volunteer is matched with an individual of the same gender, often close in age, and with similar interests. Thanks to ongoing training and support, each Compeer volunteer is able to provide useful information about resources and services in addition to companionship.

By giving an hour a week of their time for at least a year, Compeer volunteers get to know some wonderful people — and they help speed and sustain the recovery of the people they befriend.



For questions or to volunteer your time and friendship, please contact the Compeer Program Coordinator:

Shelley Danser at (919) 942-2803, Ext: 247
Shelley.d@fhrecovery.org

NEW! COMPEER for SENIORS

Much like Compeer, the new *Compeer for Seniors* program helps reduce isolation and loneliness and provides an increased sense of connection and community for seniors at-risk for depression or other mental health concerns.

It is estimated that 20% of people age 55 years or older experience some type of mental health concern. The *Compeer for Seniors* program will match identified, at-risk individuals with trained volunteers who will engage them in activities of mutual interest to increase a sense of fulfillment in their own lives and by providing emotional support through friendship.

"My volunteer is an answer to my prayers. Because of her, I have decided to get more involved in the community and I am starting to volunteer in my church." — a Compeer for Seniors participant

