



Get support from someone who's been there



Personal Health Specialists are here to help

A Personal Support Specialist (PSS) is someone who has lived through similar struggles and is trained to support you. They're not doctors or therapists – they're people who understand what you're going through and want to help.

Whether you're dealing with mental health, addiction or trying to help a loved one, a Peer Support Specialist can walk you through recovery, healing and hope.

Is a Peer Support Specialist right for me?

You might want to talk with a Peer Support Specialist if you:

- Live with a mental health or addiction issue
- Are in recovery or working toward it
- Support a loved one with mental health or addiction needs
- Feel alone and want someone who truly understands
- Need help finding services or support in your community

Support at no cost to you

As an EOCCO member, you can work with a Peer Support Specialist at no cost. They offer:

- Emotional support from someone who's been there
- Help finding community programs and services
- Support for your recovery and wellness goals
- Help getting mental health or addiction care
- Encouragement from someone who gets it

You're not alone. Support is here

Want to connect with a Peer Support Specialist?

- Ask your doctor to help you
- Or find one using EOCCO's provider search tool:

1. Go to eoocco.com/eoocco-provider-search/
2. Enter your member ID or search as a guest
3. Choose **"Behavioral"** as the type of care
4. Select **"Traditional Health Worker"** as the specialty
5. Enter your city or ZIP code
6. Click **Search**

Have questions? We're here to help.

Call us at **888-788-9821** or email **THW@eocco.com**
We here Monday through Friday, 7:30 a.m. – 5 p.m. PST

You can get this document in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 888-788-9821 (TTY/TDD users, please call 711). We accept relay calls.

Puede obtener este documento en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Llame al servicio de atención al cliente 888-788-9821 o TTY 711. Aceptamos todas las llamadas de retransmisión.

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