



Crestwood Recovery Resilience Solutions

Hey Peers

HeyPeers.com – Peer Support for Life’s Challenges

HeyPeers brings the power of video-based peer support groups to individuals who are dealing with three broad categories of personal issues: Behavioral Health, Chronic Illness and Rare Diseases. Via the HeyPeers platform we bring small groups of individuals together to support and encourage each other. Our groups are led by Certified Peer Specialists who have lived experience and have attained certification in their state to assist others. Each 90-minute HeyPeers Certified meeting includes a brief evidence-based content module to introduce or remind participants about effective practices and techniques to consider. The HeyPeers platform offers over 1,000 support groups each month and has helped over 1.1 million participants since its inception in 2009. In addition to the many group meetings, HeyPeers also provides moderated chat rooms, one-on-one peer coaching and a text-based option from a trusted partner organization.