
 (415) 555-1234

 sarah.williams@email.com

 San Francisco, CA

EDUCATION

Bachelor of Arts in Psychology

University of California, Berkeley, CA |
Graduated May 2016

Certifications

- Mental Health First Aid | National Council for Behavioral Health | May 2020
- Peer Support Specialist Certification | California Peer Support Association | July 2017

Additional Information

Volunteer at NAMI (National Alliance on Mental Illness), supporting health awareness campaigns and leading peer support workshops.

SKILLS

- Active Listening
- Crisis Intervention
- Recovery Plan Development
- Client Advocacy
- Conflict Resolution
- Empathy
- Stress Management
- Behavioral Health Support
- Case Management
- Self-care Strategies

SARAH WILLIAMS

PEER SUPPORT SPECIALIST

PROFESSIONAL SUMMARY

Compassionate Peer Support Specialist with experience assisting individuals in mental health recovery. Skilled in developing individualized recovery plans, leading support groups, and providing crisis intervention. Committed to empowering individuals to overcome challenges and lead fulfilling lives.

EXPERIENCE

- March 2018 - Now

Peer Support Specialist

San Francisco Mental Health Services / San Francisco, CA

- Provide direct peer support to individuals diagnosed with mental health conditions, assisting clients in managing daily challenges and establishing personal recovery goals.
- Lead weekly support group meetings, fostering a safe and empathetic environment for participants to discuss their experiences and learn coping strategies.
- Work closely with clinical teams to create individualized treatment plans for clients, ensuring a holistic approach to their recovery journey.
- Offer crisis intervention services by providing immediate emotional support and helping clients navigate through acute mental health crises.

- June 2016 - February 2018

Peer Counselor

Bay Area Recovery Program / San Francisco, CA

- Supported individuals dealing with mental health issues through one-on-one counseling, focusing on empowering them to take control of their recovery.
- Facilitated group discussions on topics like coping with anxiety, stress, and managing depression, while ensuring a non-judgmental and supportive environment.
- Collaborated with clinicians to monitor progress, adjusting support strategies to better meet individual needs.
- Helped clients access community resources, including housing, employment, and mental health services, to promote overall well-being.