

## **Side-by-Side**

NAMI San Diego's Side-by-Side program connects a Participant with a Companion. Through meet-ups, Companion and Participant may choose to explore a museum exhibit, go to the beach, enjoy a visit to a park, visit a local community event, go to a coffee shop, and much more!

Pairings aim to offer the following but not exclusive benefits to Companion and Participant:

- Hope
- Support
- Socialization
- Friendship
- Inspiration
- Motivation
- Increased self-confidence

### **A Program Participant is:**

- Living with a mental health condition (A Peer)
- 18 years or older
- Wants to Socialize and finds it challenging
- Looking for Additional support
- Wants one-on-one peer support

### **A Companion is:**

- An Individual living well in their mental health recovery (A Peer)
- Family members who have a loved one living with mental health challenges
- Mental Health Champions who want to provide support in recovery

**Learn more at: [www.namisaniego.org/Side-by-Side](http://www.namisaniego.org/Side-by-Side)**

**If you're interested in joining Side-by-Side please contact Alice**

**Phone: 858-634-6580 ext. 109**

**Email: [SBS@namisd.org](mailto:SBS@namisd.org)**