



BEHAVIORAL HEALTH SERVICES

Legacy Behavioral Health Services, your local Community Service Board (CSB), provides mental health, substance use and intellectual/developmental disabilities services for those in the community with limited income.

Program Purpose

Peer support is designed to provide a supportive environment where one is encouraged and expected to take an active role in their recovery and rehabilitation process.

Services offered with the intention of encouraging people to participate in setting their own personal goals. Peers provide support to help people completely integrate into the community in all facets of living, learning, and employment. To foster independence and higher self-esteem, people are urged to develop local resources and use the mental health system less frequently.

Peer Support Services

3120 N. Oak St. Ext. Suite B

Valdosta, GA 31602

229.671.6170

www.legacysga.com

Who Qualifies?

- Individuals with primary Mental Health and Substance use disorder diagnosis
- Individuals who are a legal guardian/caretaker of a child or adolescent with a primary mental health or substance use disorder diagnosis.

Services Provided:

- Individual and Group Peer Support Treatment
- Peer to Peer training and advocacy
- Training and support for social skills, communication, wellness, mental health education, self-sufficiency, relaxation, leisure skills, empowerment, recovery dialogues
- Supported employment and education to foster self-determination and career advancement.

Certified Peer Specialists Youth & Parent

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The logo for Legacy Behavioral Health Services features the word "Legacy" in a large, elegant, teal-colored cursive font. Below it, the words "BEHAVIORAL HEALTH SERVICES" are written in a smaller, teal-colored, all-caps sans-serif font.

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Certified Peer Specialist- Youth

- A young adult (aged 18-26) with lived experience with mental health or substance use disorder as a child/adolescent.
- Offers emotional support, shares knowledge, works with individuals to identify tools of wellness/resiliency/recovery available for everyday life, provides practical assistance, and connects people with resources, opportunities and communities of support.

Certified Peer Specialist- Parent

- Purpose: to be an emotional support system for other parents, guardians, and caregivers to show them they are not alone through this journey.
- Uses lived experience, peer support uses their recovery to promote hope, personal responsibility, self-care, self-advocacy, empowerment and education.
- Help to identify strengths, problem-solving, and to help maintain goals and boundaries.