



National Alliance on Mental Illness

Miami-Dade County

Mentoring Program for Individuals or Families

The peer mentor program is a free program open to persons who are looking to partner with a mentor who shares similar life experiences and can support their mental health journey in recovery.

Recovery Support Partner

Our Peer Mentors build empowering peer relationships by offering hope, as well as recovery, support, and educational resources, from a position of having experienced and successfully navigated living with a mental health condition or helping a loved one navigate through their recovery.



Our Mentor program offers and serves individual peer and family peer members.

- A Peer Mentor is actively living in recovery and incorporating mentoring as part of their toolbox.
- A Family Peer Mentor is a first-degree relative of an individual who is living with a mental health condition and includes mentoring as part of their toolkit.

Contact us to learn
more about the
Peer Mentor Program



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County**

Mentoring Program FAQs

What is a Mental Health Mentor Program?

A Mental Health Mentor program connects you with a mentor with similar lived experience who can: give support and advice from the perspective of having experienced similar issues. Tell you about their experience and give ideas about how to deal with specific situations. help you identify and contact other organizations that can help you.

What a Mentor Program is Not ?

When getting help from someone who has had common experiences, situations, problems, or disability. Your Mental Health Mentors can help with social and emotional support, goal setting and advocacy. It is not meant to replace medical care, professional counseling, or other supportive services.

What can I expect when participating in the NAMI-Miami Mentor Program?

Weekly access to your dedicated mentor for 60 minutes. During the scheduled meeting you will work on setting goals, identifying support services resources and maintain a list of actionable items that will help you grow and develop. NAMI Miami Dade will also sponsor special events to provide opportunities to socialize with other and workshops geared to help with personal development.

What does the term “peer” mean regarding mental health?

The term “peer” refers to an individual with lived experience. Our Mentor program offers and serves individual peer and family peer members.

- A Peer Mentor is actively living in recovery and incorporating mentoring as part of their toolbox.
- A Family Peer Mentor is a first degree relative of an individual who is living with a mental health condition and includes mentoring as part of their toolkit.

What makes NAMI Miami’s Mentor Program unique?

The Peer Mentor Program is a free program open to persons who are looking to partner with a mentor who shares similar life experiences and can support their mental health journey in recovery.

What is the cost to participate?

Completely FREE.

Is this program in-person or virtual?

We are flexible! We can meet in a public space or in a virtual space and even by phone call/text.

For how long can I participate in the Mentoring Program?

We work with our mentees to determine the optimal program length. The needs of every individual is unique.