

Peer Support List



Peer support services are an evidence-based model of care which consists of qualified providers with lived-experience who assist individuals with struggles pertaining to mental health, psychological trauma, or substance use. The peer support model is highly recommended to use in addition to traditional mental health and/or substance use treatment. A list of peer support resources is provided below:

Cecil County Mental Health Resources

- **On Our Own**
 - 103 South Bridge Street, Suite B Elkton, MD 21921
 - Phone: 410-392-4228 / Fax: 443-485-6497
 - <http://www.onourownmd.org/>
- **New Directions in Delaware**
 - A support group for people who have depression or bipolar disorder
 - Aldersgate United Methodist Church 2313 Concord Pike (Rt. 202) Wilmington, Delaware.
 - <http://www.newdirectionsdelaware.org/>
- **Over Eaters anonymous**
 - Rising Sun.
 - 410-658-2791
 - <https://oa.org/>

Cecil County Substance Use Resources

- **Cecil County Health Department**
 - <http://cecilcountyhealth.org/addiction-services/>
 - 443-206-4153.
- **Alcoholics Anonymous**
 - <https://www.aa.org/>
 - 1800-317-3222
- **Narcotics Anonymous**
 - <https://www.na.org/>
 - 410-272-4150
- **Al-Anon**
 - www.marydelalanon.org
 - 410-398-2004
- **Voices of Hope**
 - <http://voicesofhopececilm.org/>

Harford County Substance Use Resources

- **Harford County Health Department**
 - <https://harfordcountyhealth.com/wp-content/uploads/2014/07/Brochure-Peer-Recovery-program.pdf>
 - 410-877-2340
- **New-Day Wellness and Recovery Center**
 - 410-273-0400
 - <https://www.newdayhhjp.com/>

Online Resources

- **For Like Minds**
 - A free website for groups. Sign up and become part of peer support groups with people who have the same diagnosis.
 - <https://www.forlikeminds.com/>
- **Sex Addicts Anonymous:**
 - Meetings are over the phone 1-800-477-8191 or online
 - <https://saa-recovery.org/meetings/>
- **Problem Gambling Helpline:**
 - www.helpmygambling.org

