

How Do I Get Connected to Senior Peer Counseling?

To make a referral
for yourself or for someone you
know to be connected to a
Senior Peer Counselor

or

To learn how to become a
Volunteer Senior Peer Counselor

Contact:

SPC Coordinator:
916-787-8859

All referrals are confidential
and are subject to approval by
the Senior Peer Counseling
Coordinator and availability of
a Senior Peer Counselor.



Senior Peer Counseling
Health and Human Services
Adult System of Care

101 Cirby Hills Dr.
Roseville, CA 95678
916-787-8859



Health and Human Services
Adult System of Care

Senior Peer Counseling





Who are Senior Peer Counselors?

- Senior Peer Counselors are older adults who are carefully selected, professionally trained and certified to provide volunteer supportive counseling to interested clients.
- Senior Peer Counselors receive extensive initial training, on-going weekly supervision by a mental health professional and regular supplemental training.
- Senior Peer Counselors will listen, support and gently coach you to reach your solution.

What is Senior Peer Counseling?

As we age, transitions can sometimes be painful. The loss of a companion, medical illness, physical disability, retirement, relocation and other events can be upsetting and hard to adjust to.

Sometimes it is helpful to talk to someone near your own age to work through the issue at hand.

A peer can help you address these transitional concerns in a safe and confidential environment.

Senior Peer Counseling is a free service to all residents of Placer County who are 55 years old or better.

Senior Peer Counseling volunteers provide short-term in-home confidential counseling.



Senior Peer Counselors offer short-term support with issues such as:

- Family conflicts
- Substance abuse
- Loss of independence
- Caregiver stress
- Depression
- Anxiety
- Access to community resources
- Loneliness
- Loss of driver's license