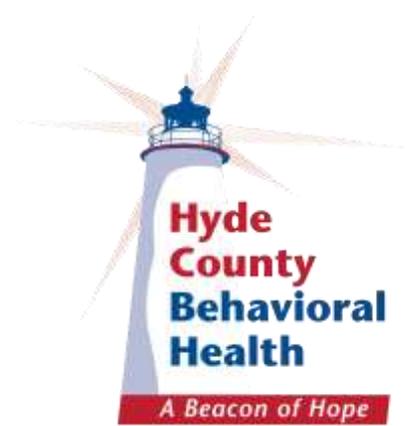


Hyde County Behavioral Health

**P.O. Box 100
1151 Main Street
Swan Quarter, N.C. 27885**

**Phone (252) 926-4399
Fax (252) 926-0021**



For Immediate Release: May 21, 2019

Contact: Misty Gibbs, Public Information Officer
Phone: 252-926-4184
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Hyde County Behavioral Health Welcomes First Certified Peer Support Specialist

Swan Quarter, North Carolina – In rural areas such as Hyde County, it can often be difficult for people struggling with substance abuse or mental health problems to find the resources necessary to combat such issues. The members of Hyde County Behavioral Health (HCBH) and the Hyde County Substance Awareness Task Force have been diligently working to overcome this barrier by making appropriate services and treatment options readily available and accessible in Hyde County.

One of the new services HCBH is proud to announce is Peer Support. Peer Support is a drop-in service for anyone who would like support for problems related to substance use or mental health. These sessions are led by Hyde County resident, JD Rea, Hyde County's first North Carolina Certified Peer Support Specialist. JD is available for individual peer support sessions, group workshops, and more. Individuals can contact JD to discuss individual needs for a peer support recovery plan tailored specifically to those needs, or individuals can simply drop in at one of his scheduled peer support sessions to take the next step towards a happier healthier life. JD Rea can be reached at 252-542-0688 or via email at newlifejdr@gmail.com.

Peer Support Specialists are people living in recovery with mental illness or substance use disorders, and who provide support to others that can benefit from their lived experiences. The North Carolina Certified Peer Support Specialist Program acknowledges that JD has met a set of requirements necessary to provide support to individuals with mental health or substance use disorders.

Peer Support is located at 1221 Main St, Swan Quarter, NC 27885 in the Hyde County Health Department's Behavioral Health Building on the last Wednesday of every month from 1:30 PM until 2:30 PM. No appointment is necessary to attend. Light refreshments will be available during scheduled peer support hours.



Stay tuned and check the links listed below for frequent announcements and additional info!

Hyde County Substance Awareness Task Force website: www.hydecourtync.gov/substance_awareness

Hyde County Health Department website: www.hydehealth.com

Hyde County Behavioral Health website (coming soon): hcbh.hydehealth.com

You can also find us on social media and like our pages listed in the links below to be in the know regarding information about our resources, services and so much more!

Hyde County Health Department Facebook page:

<http://www.facebook.com/HydeCountyHealthDepartment/>

Hyde County Behavioral Health Facebook page: <http://www.facebook.com/hydecountybehavioralhealth/>

For questions or concerns regarding additional behavioral health resources and services, contact Caroline Tetterton Gurganus, Human Services & Substance Awareness Coordinator at the Hyde County Health Department:

Office Phone: 252.926.4366

Work Cell: 252.542.9236

Fax: 252.926.0021

Email: ctetterton@hydehealth.com

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Pictured: JD Rea, NC Certified Peer Support Specialist



Peer Support Recovery Services

This is a drop-in group for anyone battling with substance abuse, mental health, or other emotional challenges. If you would like to create a strong support network with your peers and begin the road to recovery, come attend Peer Support with JD Rea, a North Carolina Certified Peer Support Specialist.

Where:

Hyde County Health Department's
Behavioral Health Building
1221 Main St, Swan Quarter, NC

When:

The last Wednesday of every month from
1:30pm—2:30pm

Light refreshments available during scheduled peer support hours

JD is also available for individual peer support sessions, group workshops, and more. Contact him to discuss your individual needs and he can plan peer support recovery services tailored specifically to your personal requests, or simply drop in during one of his scheduled sessions to take the next step towards a happier, healthier life.

No one can do everything, but everyone can do something, and together we can change the world !

JD's contact information

email: newlifejdr@gmail.com

cell: (252) 542 - 0688

