

Compeer = Friendship

Compeer brings the simple premise of friendship to the complex field of mental illness through its professionally managed volunteer program. Be a part of the healing process through a one-to-one friendship.



VOLUNTEER TODAY

Spend 4-8 hours per month with another adult. Compeer volunteers are supportive friends, role models and advocates, not social workers, therapists, caretakers, or parents. Your Compeer companion already has a mental health professional—what he or she may lack is a caring and consistent friend.



For information about Compeer Helena go to www.rmhc.net; for the national Compeer website go to www.compeer.org.

COMPEER HELENA

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Compeer Helena is a program of
Rocky Mountain Development Council
www.rmhc.net



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Compeer Helena

*Changing Lives through
the Power of Friendship*



Tel. 406-457-7319

The Compeer Mission

Compeer Helena's mission is to improve the quality of life for people recovering from mental illness through the power and gift of friendship.

One out of five persons in our country experiences a mental illness. As a result, they are often stigmatized and experience loneliness and isolation. In addition to supportive mental health services, many need only friendship to help them live a happier and more productive life.



Compeer trains volunteers and matches them with an adult receiving mental health treatment. Volunteers meet with their friends for coffee, go to the museum, or just talk on the phone. This takes just a few hours a month.

Being a Compeer volunteer is fun and flexible. You choose the type of match you want and time you meet, just as you would with any friendship.

What do Compeer Volunteers do?

- Develop one-to-one same gender friendship relationships with individuals with whom you have mutual interests
- Spend time together in person and through phone calls/e-mail
- Enjoy bowling, shopping, sporting events, movies, walking, golfing, eating out...HAVING FUN!

Rewards of being a Compeer Volunteer:

- Develop hands-on experience and memories that will last a lifetime
- Gain personal satisfaction by helping others
- Make a positive impact in the community
- Help reduce the community stigma around mental illness
- Enjoy the friendship of another person and make a difference in someone's life

Compeer is ...

an internationally recognized program started in 1973. Compeer has received numerous awards and recognitions because it is effective in making life better for individuals with a mental illness. Contact Micky Brown at Compeer (457-7319) for more information. Interested volunteers are asked to complete an application and interview and agree to a background check.

All volunteers receive training and ongoing support.



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