



## **HOPE Senior Peer Mentor Program Guidelines**

Polk, Marion, and Yamhill Counties

There are times when life challenges become too overwhelming! Perhaps you just need someone else to listen, share insights, and offer suggestions so you gain more effective coping skills and strategies. The HOPE Senior Peer Mentor Program is designed to help manage your mild to moderate depression and/or anxiety.

You, or someone who cares about you, can request a HOPE senior peer mentor. However, the choice to work with a senior peer mentor is yours alone. This program uses an evidence-based workbook model to assist individuals with their depression and/or anxiety.

HOPE senior peer mentors have served thousands of older adults since 1989. The service is free and is available to any older adult aged 60 and older (exceptions are made for referrals younger than 60).

Visits are by appointment in the privacy of where you live. You can also arrange to meet somewhere else. Each visit is approximately one hour per week. Typically, you and your peer mentor will meet for 8-10 visits.

Your senior peer mentor will be your guide and coach. You will work together utilizing the workbook model to identify steps to tackle your depression and/or anxiety. After the initial visit, you are not obligated to continue and you can end visits at any time.

### **For more information, please contact:**

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To refer someone, please call (503) 304-3420 or 1-866-206-4799.

In Clatsop and Tillamook Counties, please call (503) 815-2060.