



Sally's Place

PEER RESPITE SERVICES

What is Peer Respite?

Peer Respite is a voluntary, short-term program that provides non-clinical crisis support to help people find new understanding and ways to move forward with their recovery. Peer Respite services are provided by trained peer support specialist with lived experience who focus on hope, connection and empowerment. This mutuality—often called “Peerness”—between a peer support worker and person who share similar experiences of being diagnosed with mental health conditions, substance use challenges, or both.

It operates 24 hours per day in a homelike environment

During the COVID -19 “Shelter In Place” Sally’s Place staff will be providing crisis peer respite for up to 14 days in addition to remote peer services 24 hours a day.

Eligible Individuals:

- Are 18 years of age or older,
- Are experiencing mental health concerns or distress,
- Resides in Alameda County
- Voluntarily agree to engage in services
- Agree and comply with COVID-19 County Public Health guidelines

What to expect

- Receive support from compassionate peer staff.
- Linkages to other resources and services.
- Compassionate listening and emotional support.



Contact: sallysplace@lafamiliacounseling.org - (510) 963-9849

Website: lafamiliacounseling.org

Sally’s Place is named for Sally Zinman, a pioneer of the peer-led services movement. Her pivotal work spanning more than 40 years has been an inspiration to consumers and providers alike. Our systems are immeasurably better as a result of her advocacy and legacy.

An alternative to traditional psychiatric crisis care

“Nothing About Us without Us”

Care is coordinated by trained responsive staff with lived experience

(510) 963-9849

Phone is answered 24 hours per day

In partnership with: