

# mesa

Mobile Outreach Team

Care that comes to you.  
Support that puts you first.

## Peer Support Specialists



*Financial contribution from*



Health  
Canada

Santé  
Canada

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# What We Do:

Provide one-on-one visits to support your health and wellness concerns. We will be there to provide emotional support and help you access the services you need.



Connection to care planning and coordination



Personalized education sessions



System navigation like paperwork, ID, transportation



Connect you with Primary Care



Emotional support when you need it



Accompaniment to appointments



Help in moments of crisis



Help with substance use health and mental health

**Need to contact a Mesa Peer Support Specialist?**



**1-877-819-4181**