

# Telephone Recovery Support

operated  
by Rutgers  
UBHC

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DMHAS

Have you come across the saying 'Walk a mile in my shoes'? This embodies the essence of peer support services. Certified Peer Recovery Specialists draw from their own experiences, strengths, and hope to compassionately guide you on your journey to wellness. Through this evidence-based practice, we emphasize mutual respect and personal accountability, fostering a supportive atmosphere. With TRS, you have a companion on your path to recovery.

**(833) 825-5877**



SUNDAY 8AM-4PM  
MONDAY 8AM-4PM  
TUESDAY 8AM-4PM  
WEDNESDAY 8AM-8PM  
THURSDAY 8AM-8PM  
FRIDAY 8AM-4PM  
SATURDAY 8AM-4PM

free & confidential

