

Making friends.

Changing lives.



Friendship is about being there for someone. But for people with mental illness, too often there is no one to turn to when they need a friend. That's where Compeer steps in.

A pioneer in mental-health advocacy, Compeer Inc. is a non-profit organization with more than 70 locations that match community volunteers in relationships with children and adults in mental-health care or with emotional challenges. Our chapters' volunteer-based programs and services - which serve as a complement to therapy - empower people to become more socially integrated and to combat the effects of mental illness, from loneliness to isolation and low self-worth.

Because we don't charge for services, our locations depend upon the generous support of corporate and community partners, government agencies and individual contributors for funding.

These funding sources — and our volunteers — have helped Compeer make friends and change lives for more than 40 years.



Compeer ... A Mental-Health Pioneer

Tangible Results.

Compeer's programs have been nationally recognized for achieving measurable results.

- Volunteer friendships help build the self-esteem and independence of children and adults in mental health care.
- Compeer programs save health-care dollars by reducing hospitalization and crisis services use.
- 4,000 community volunteers provided over 150,000 hours time to nearly 5,000 adults and youth. (Compeer Annual Survey Report)
- All those involved in our programs — clients, volunteers and mental health professionals — give the agency outstanding marks for effectiveness, ranging from 88% to 100% satisfaction.
- The National Institute of Mental Health chose Compeer as a model program in 1982 and funded the development of similar programs throughout the nation.
- A task force of the American Psychological Association named Compeer a best-practices model in 2005.

Personal Connections.

Global Reach.

Founded in Rochester, N.Y. in 1973, Compeer remains headquartered in Rochester and now has locations across the country and around the world — with more than 70 programs in the U.S., Canada and Australia.

Programs vary by location. But the most common program remains the one-to-one mentoring relationship, where a volunteer is matched with a child or adult receiving mental-health treatment — who is referred to Compeer by a mental-health professional.

Volunteers spend time with their match, doing things they already enjoy — from taking walks and watching movies, to attending sporting and cultural events.

Other programs involve skill-building events, such as cooking, money management or recreation; one-day activities; and group outings.

Volunteers, our Lifeblood.

Compeer's programs are volunteer-based. Volunteer mentors are screened, fully trained and receive ongoing support and supervision from Compeer staff.



“Over the past 35 years Compeer volunteers have enabled hundreds of people to live independently as mentally and emotionally healthy citizens across our globe. I am proud to support Compeer who provides both affordable and effective methods for improving the quality of life for our neighbors confronting mental illness.

— Louise Slaughter
U.S. Congresswoman



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