WHAT CAN PEERS DO FOR YOU?

WHO IS A PEER?
A Peer (also known as a Peer Specialist) is a person who knows firsthand what you are going through because they have been through it themselves. They are an empathetic listener, someone to be with you when you feel lost, alone, scared or traumatized.

WHAT KINDS OF SERVICES DO PEERS PROVIDE?

SUPPORT GROUPS
Learning and getting feedback from others, especially those going through things similar to you, can be extremely valuable. Check out the latest schedules for groups at MindspringsHealth.org/Peer-Services

ONE-ON-ONE SUPPORT, INCLUDING RESPITE
On the path to recovery there can be times when symptoms escalate to the point of not being able to manage them on your own. Respite is available to help you work through these times in your own home or community. We come to you to offer support, encouragement, and hope to help you navigate these times accessing your own tools, resources, and strength.

CHILDREN & FAMILY PROGRAMS
A variety of parent & family education programs and groups are available throughout the year. Peers are available to assist families at meetings at school, DHS, court, etc. We also support grandparents and other family members caring for children in non-traditional styles.

PEERS
- Support and mentor you
- Help you understand the stages of recovery
- Listen compassionately and non-judgmentally
- Advocate for you when you need it
- Connect you to resources
- Teach and model coping skills

Working with a peer enhances your ability to make choices that advance your recovery.

All Peer Services are Free of Charge

MIND SPRINGS health

WEST SPRINGS hospital
Psychiatric Care & Recovery

Change is Possible, the only person you can control or change is yourself. Often we think that our happiness is dependent upon others when it really is the result of thousands of large and small choices we make in our life.