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## CAN I BENEFIT FROM PEER SUPPORT SERVICES?

If you are a consumer here at Community Mental Health, you may benefit from having Peer Support Services.

Read on. ....



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## WHAT ARE PEER SUPPORT SERVICES?

*See the possibilities!!*



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June 2008

**517-346-8244**

## WHO ARE PEER SUPPORT SPECIALISTS?

Peer Support Specialists are staff who are also recovering from psychological or emotional health challenges. By sharing their personal stories of recovery, peers empower you to change your belief system and see the power within yourself in your own journey to recovery.

## WHAT KINDS OF ACTIVITIES WOULD I BE DOING?

Some sample activities you would be doing with your peer support specialist are:

- Sharing stories of wellness and recovery
- Skill building groups about topics like wellness and recovery, working on your Person Centered Plan, managing emotions, dealing with relationships, and other daily life skills.
- Educational sessions with speakers on special topics that interest you.
- Community inclusion activities.

## HOW DO I CONNECT WITH PEER SUPPORT SERVICES?

If you are a consumer of Clinton, Eaton or Ingham Community Mental Health Authority and you want to receive Peer Support Services, you can:

- Ask your Case Manager about receiving services from Peer Support Services.
- Call Customer Services at 346-8244.
- Look for Fliers on bulletin boards.



## WHAT IS RECOVERY?

Recovery is more than just reducing the symptoms that affect you. Your recovery is unique to you as an individual. Recovery is about helping you build a full life, including:

- Working
- Learning
- Having relationships and
- Being part of the community

There are three common challenges you may face when you are in recovery:

- You may experience symptoms related to your mental health challenges.
- You may experience stigma as a result of having mental health challenges.
- You may experience problems with how you feel about yourself or your self-image.

Mental health professionals can help you address your symptoms. Peers Support Services can teach you skills to help you cope with stigma and improve your self image.

## RECOVERY

**It is never too late  
to have the life you  
always wanted.**