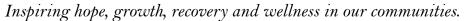


# Peer-to-Peer

## **Transitions-Mental Health Association**





Peer-to-Peer is a unique, experiential learning program for people living with a mental illness who are interested in establishing and maintaining their wellness and recovery.

This ten-week course was developed by the National Alliance on Mental Illness (NAMI) and is taught several times a year. Participants come away from this course with a binder of hand-out materials, as well as many other tangible resources, including an advance directive; a "relapse prevention plan" to help identify tell-tale feelings, thoughts, behavior, or events that may warn of an impending relapse and allow for an intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with service providers and the general public.

## Who Can Attend?

Any adult who experiences mental illness may sign up for the course.

#### Who Are the Teachers?

Two trained "mentors," or peer-teachers, and a volunteer support person who each have personal experience living well with mental illness.

## How Much Does It Cost?

The class and all supplies for it are free. Peer-to-Peer is funded locally by the Mental Health Services Act.

Please call to register or for more information.

