

PEER-TO-PEER

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.

For more information, please contact Meghan Madsen at 805-503-0330 or mmadsen@t-mha.org.



Transitions-Mental Health Association
Post Office Box 15408, San Luis Obispo CA 93406
Phone: (805) 540-6500 • Fax: (805) 540-6501 • info@t-mha.org

