



PEER ADVISORY AND ADVOCACY TEAM

Mission Statement: PAAT is a community of people who advocate for those served by the mental health system. PAAT participants educate our community about mental illness, promote wellness and recovery, reduce stigma and provide support for others with similar experience.

PAAT meets at **11:00 AM** on the **first Monday** and the **fourth Monday** of each month on ZOOM

What is P A A T ?

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PEER

People who share resources and offer support to others experiencing similar situations with mental illness and who promote wellness and recovery for people within the mental health system.

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ADVISORY

Sharing stories of success and inspiration about coping with mental illness within the mental health system and reducing stigma about mental illness out in the community.

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ADVOCACY

PAAT meetings are a great place to learn from peers with similar experiences how to advocate for oneself when dealing with the mental health system and other community agencies.

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TEAM

We're in this together. Through peer support we can conquer obstacles to wellness and recovery, and encourage connection with the community. It takes a village and a team!

