

We will hold the **HOPE** for you until you can hold your own.

We will focus on your **STRENGTHS** not your diagnosis.

We will help you **IDENTIFY BARRIERS** that may keep you from moving on with your **LIFE!**

We will provide **DIRECT SUPPORT** in supporting your **GOALS** to achieve:

**COMMUNITY INCLUSION
INDEPENDENCE
RECOVERY
RESILIENCY
WELLNESS**

We are certified **PEER SUPPORT SPECIALISTS!**

We are trained to use our own experiences in public mental health services, to help you get the most out of yours.

YOU ARE NOT ALONE!



For more information, call 989-463-4971 and speak to your case manager.

www.gihn-mi.org



GRATIOT INTEGRATED
—HEALTH NETWORK—

Peer Support



**A Bridge To Your
Path Of
Recovery**

Hope....

"Peer Support has helped me a lot to get me out of my depression."

"[Peer Support] has helped me exercise. This has been my second year not being in the [psychiatric] hospital."

"I've learned I can rebel against my illness, and do things I didn't know I could do."

"I think it helps to have another person. Peer Support reaches people better..."

"Peer Support has really helped me out."

"[Peer Support] helped me get out of the house. Helped me to be more confident."

"You guys have literally saved my life."

PATH TO RECOVERY

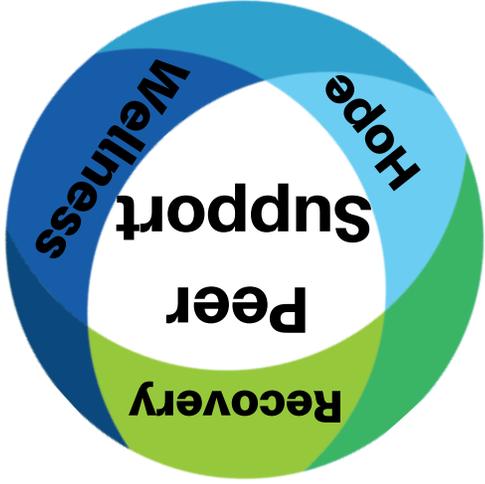
It is a personal journey that is unique to each person. It is a process of gaining control of your life in the direction you would like it to go, improving your health and wellness, and striving to reach your full potential.

The Guided Principles of Recovery:



10 Whole Health & Resiliency Factors:

Health & Wellness



- Stress Management

- Healthy Eating

- Physical Activity

- Sense of Meaning and Purpose

- Service to Others

- Support Network

- Optimism Based on Positive Expectations

- Restful Sleep

- Skills to Avoid Negative Thinking

- Spiritual Beliefs and Practices

Get Connected!

If you are interested in Peer Support talk with your assigned Case Manager or Therapist!