

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
and **RECOVERY COACHES!**

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
clinician.

www.gihn-mi.org



GRATIOT INTEGRATED
—HEALTH NETWORK—

Hours of Service

Monday and Wednesday
8:00 a.m. to 7:00 p.m.

Tuesday, Thursday, Friday
8:00 a.m. to 5:00 p.m.

Emergency Services Available
24/7

989-463-4971

1-800-622-5583

Michigan Relay Center

1-800-649-3777

Customer Service

989-466-4192

Gratiot Integrated Health Network
608 Wright Avenue
Alma, MI 48801

www.gihn-mi.org

www.gihn-mi.org/services/adult/peer-support-services.html

Find us on social media!



Learn more about Gratiot Integrated Health
Network and see the complete list of
services and descriptions on our website:



GRATIOT INTEGRATED
—HEALTH NETWORK—

Peer Support/ Recovery Coach



**A Bridge To Your
Path Of
Recovery**



PATH TO RECOVERY

It's a unique personal journey. 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.

Hope....

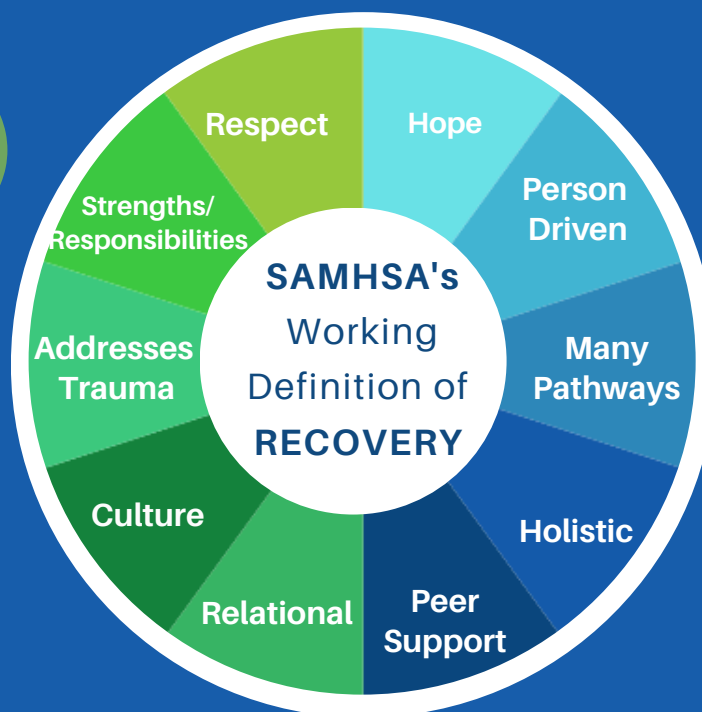
"Peer Support has helped me a lot to get me out of my depression."

" [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."

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

The Guiding Principles of Recovery:



Health & Wellness

10 Whole Health & Resiliency Factors:

- 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



For More Information:

SCAN ME