



Poetry for Personal Power Peer Support Information Form



Are you trying to learn how to lead the life you want after trauma, drug abuse, or receiving a psychiatric diagnosis?

There is hope!
There is help!
You can RECOVER!

Poetry for Personal Power is pleased to provide Peer Support Services for those trying to recovery from addiction, trauma, and mental health diagnosis/events!

What is Peer Support?

Peer support is a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful. Peer support is not based on psychiatric models and diagnostic criteria.

What is a peer support specialist?

A Certified Peer Support Specialist is a person with lived experience that helps to support individuals with struggles pertaining to mental health, psychological trauma or substance use.

What are the Benefits?

- Easy access, affordable, creative, safe (Financial Assistance available for qualifying peers.)
- Non-clinical - no association with mental health system further reduces stigma
- Real help from a person that has lived experience
- Resources, information, encouragement.

What is recovery?

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

**Your recovery is in your hands
START TODAY!**

Let us match you to your perfect peer.

Contact us – corinna@poetryforpersonalpower.com Phone 816-392-6074