

# PLAN CONNECTIONS

People Living Active Now

## Offering Peer Support Services

A Mental Health Peer Support Specialist (MHPS) is a person who has walked the path of recovery from mental illness and is employed to assist others in their journeys of recovery. Peers promote hope through positive self-disclosure, demonstrating that recovery is possible. They assist peers in helping to craft personal treatment strategies, using tools such as WRAP (Wellness Recovery Action Plans) and WHAM (Whole Health Action Management). They fill a gap by providing support from the perspective of someone who has first-hand experience.

- Regularly scheduled sessions or meetups
- Opportunities to work on what you want to work on.
- Letting you know that you are not alone.
- Get in the loop on PLAN @ 1121 Rock Clubhouse activities for added support..

**If you are interested, please call 972-379-9904 and ask about it!**



**PLAN @  
1121 ROCK**  
People Living Active Now



**A program of  
Jewish Family Service  
of Greater Dallas**