



Improving Lives Through Healthy Minds  
810-648-0330

# Peer Support

Your Partner in Recovery

## What is Peer Support?

Peer Support is a program where support services are delivered or managed by individuals who have lived experience with mental health challenges. This unique approach provides participants with the chance to learn and share effective coping skills and strategies directly from those who have faced similar experiences. The program encourages individuals to move from passive patient roles to active and engaged participants in their own recovery journey. By doing so, it helps build or enhance self-confidence, fostering a sense of empowerment and resilience. Peer Support also creates a supportive community where individuals can connect with others who understand their struggles, promoting recovery and well-being.

*Sanilac County Community Mental Health* is dedicated to delivering high-quality care to those it serves. We are committed to addressing the needs of each individual comprehensively to improve lives through healthy minds.



### Talk To Us:

Sanilac County  
Community Mental Health  
227 E. Sanilac  
Sandusky, MI 48471

- ☎ 810-648-0330 Assistance 24/7
- 🌐 [www.sanilacmh.org](http://www.sanilacmh.org)
- 📘 [facebook.com/sanilacmh](https://facebook.com/sanilacmh)

**Help is available; you are not alone.**

If you need assistance for yourself or a loved one,  
we are here for you 24/7.

If a situation is potentially life-threatening,  
call 911 immediately.





## What is WRAP?

The Wellness Recovery Action Plan (WRAP) is a structured system designed to help individuals monitor and manage uncomfortable and distressing symptoms. By using planned responses, it can reduce, modify, or eliminate those symptoms. WRAP also includes strategies for others to step in and provide support when your symptoms make it difficult for you to make decisions, take care of yourself, or ensure your safety. This comprehensive approach helps maintain well-being and stability during challenging times.

## What does a Peer Provide?

All Peer Supports at Sanilac CMH are state certified. They complete ongoing trainings to improve their peer support skills. They are here to help individuals with:

- ◆ Peer Counseling
- ◆ Assist with Person-Centered Planning Process (IPOS)
- ◆ Housing Assistance
- ◆ Assistance in Obtaining Benefits
- ◆ Vocational Support
- ◆ Promote Self-Determination
- ◆ Facilitate Groups
- ◆ Integrate Physical & Mental Healthcare
- ◆ A Recovery Newsletter containing all activities and groups that are being offered
- ◆ Recovery Based Outings
- ◆ Coordinate **WRAP** Plans

The Wellness Recovery Action Plan (WRAP) was developed by individuals who have experienced various psychiatric symptoms, including addictive disorders, and are striving to improve their lives. This system is not limited to mental health; it can also be used to manage other illnesses like diabetes or heart disease and address life issues such as weight loss and maintaining overall wellness.

Developing a Wellness Recovery Action Plan (WRAP) is an ongoing process, not something to be completed and forgotten. It serves as a daily guide to living and must be updated over time as you grow and change. Having someone to assist you can enhance the experience, increasing self-awareness and understanding.

The Wellness Recovery Action Plan (WRAP) is rooted in empowerment and personal responsibility. It must be developed by the individual who will use it. If someone else creates the plan, it is not truly a WRAP Plan.

