“Peer Support: Consumers Helping Consumers to Recover”
Why attend G.P.S.I?

The President’s New Freedom Commission Report on Mental Health states that peer support, a mutual relationship based on similar experience, is an important resource in the recovery of individuals with mental health problems. Peer support offers a sense of connection, validation, encouragement, and helpful information. Whether in a structured Peer Support Program or one’s natural community, peer support provides the opportunity to experience one’s self as valuable and capable of making a positive difference in another’s and therefore one’s own life.

The Georgia Peer Support Institute (GPSI) is a three-day immersion in peer support designed to teach the principles of recovery from mental illness; characteristics of consumer-directed, peer-run and recovery-oriented mental health services; and skills to take an active role in one’s recovery and creation of a meaningful life. Throughout the Institute, participants share knowledge and experiences and develop new relationships with peers and themselves.

What can you learn?

Principles of Recovery and Self-Determination
How to start and sustain mutual self-help peer support groups
How the WRAP can become a vital tool for your own recovery
How supported employment promotes recovery
How to get the most benefit from your mental health services
New information and perspectives about yourself