

“Peer  
Support:  
Consumers  
Helping  
Consumers  
to  
Recover”



Georgia Mental Health Consumer Network  
246 Sycamore Street  
Suite 260  
Decatur, Georgia 30030

Georgia  
**Peer  
Support**  
INSTITUTE



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246 Sycamore Street  
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Decatur, Georgia 30030  
[www.gmhcn.org](http://www.gmhcn.org)

## Peer Support: A cornerstone in consumer recovery

### 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.

Each spring and fall thirty-five mental health consumers are selected to participate in the GPSI. Those selected are expected to plan and implement a project on some aspect of the training when they return to their community. All expenses for training materials, lodging and meals will be covered and travel expenses reimbursed. Any consumer can apply. Dates and applications for the next GPSI can be found at [www.gmhcn.org](http://www.gmhcn.org) or [www.gacps.org](http://www.gacps.org).

### 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

**Interested? Know anyone who is?  
Fill out this form and send it to:**

Attention: GPSI Project Coordinator  
Georgia Mental Health Consumer Network  
246 Sycamore Street, Suite 260  
Decatur, Georgia 30030

Phone: 404-687-9487

Toll Free: 1-800-297-6146



**PLEASE SEND GPSI APPLICATION  
TO:**

Name (PRINT CLEARLY)

Address

City

State Zip

Daytime Telephone Number with Area Code

(\_\_\_\_\_) \_\_\_\_\_

Email address