

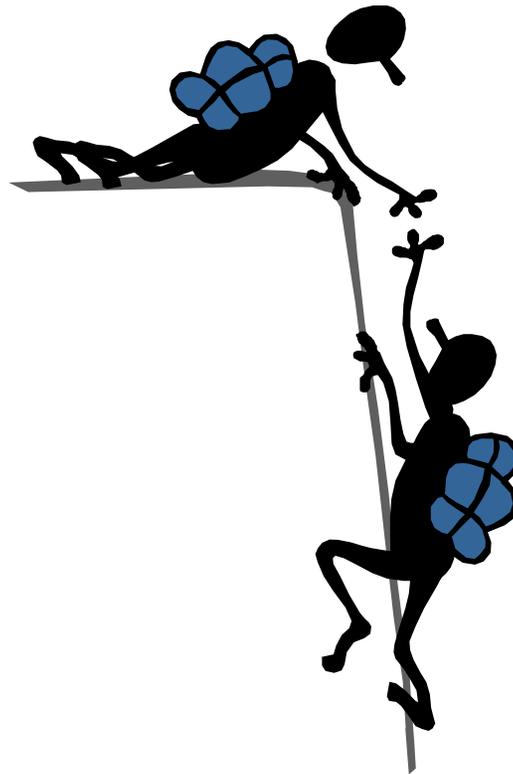
For more information, call

Teresa

740.336.8526

*What do we live
for, if it is not to
make life less
difficult
for each other?*

-- George Eliot



Circle of Hope



*A peer support group
for
individuals
recovering from
mental illness*

You are not alone.



The history of Circle of Hope...



In the winter of 2003, the Washington County Mental Health & Addiction Recovery (MHAR) Board received a grant from the Ohio Department of Mental Health to begin a peer support group for individuals receiving mental health services in Washington County.

In June of 2003, sixteen individuals received four days of Peer Support Training from Ohio Advocates for Mental Health. This group of trained peer supporters then began meeting in July of 2003.

The name "Circle of Hope" was chosen by these pioneer peer supporters and it reflects their dream for the group; "circle" implies that there is equality in the group, and that all members are connected in their mutual respect and caring for each other. And "hope" reflects the most powerful tool for recovery from mental illness and what the group wishes to offer.



What is peer support?



Persons recovering from mental illness are often stigmatized, forgotten people who live without a supportive network of friends, co-workers, and sometimes family.

By sharing experiences, both in and out of the mental health system of care, these individuals can learn that they are not alone...that others have walked a mile in their shoes.

Peer support means that individuals who have experienced a psychiatric disability come together and support each other; listen, empathize, show concern, and help each other learn to solve their own problems with an emphasis on confidentiality...

What is said in group, stays in group.

Peer support means acceptance, understanding, caring and safe communication in a nonjudgmental and confidential environment.



Who is welcome to attend Circle of Hope?

Any adult resident of Washington County who currently has *or* has had a mental illness is welcome to Circle of Hope.

When and where does Circle of Hope meet?

To receive current information regarding Circle of Hope meeting times and locations, call Teresa at 740.336.8526.