



MENTAL HEALTH PEER SERVICES OF GREATER FORT WORTH

ISSUE 2: Summer 2022

2501 Parkview Drive, Suite 190, Fort Worth, TX 76102

817-500-8660

WHO WE ARE:

[Mental Health Peer Services of Greater Fort Worth](#) is a Peer Run organization--we are controlled, governed, and operated 100% by mental health consumers or 'Peers.' Peers guide our agency, and we use this agency for our own mental health. We call it "MHPS" (pronounce it like 'mips').

Check out our website:

mhpsogfw.org

OUR MISSION: To empower people with lived experience of mental health challenges to achieve recovery.



VITAL STATISTICS

Since 2020, about one-third of all American adults have reported feeling anxious or depressed.

National Center for Health Statistics. Anxiety and Depression Household Pulse Survey. [Mental Health - Household Pulse Survey - COVID-19](#) Last updated 4-20-22.

OPINION: WHERE IS MENTAL HEALTH CARE WHEN WE NEED IT?

Another mass shooting--this time at a July 4th parade in Highland Park, Illinois! This and other recent mass shootings, notably in Buffalo, New York, Uvalde, Texas, and at a church potluck dinner in Vestavia Hills, Alabama, have again raised the issue of mental health care in the U.S. Did we not start this conversation during the pandemic and now in its aftermath? That crisis created a unique opportunity for open discussions about mental health concerns and the importance of self-care, in some circles for the first time ([Optum](#), [Kaiser Permanente](#)). However, sadly, the increase in discussions has not resulted in a widespread increase of easily obtained and affordable care.

Everyone is talking about mental health care, but what is really being done to address the need for help?

When seeking assistance for people experiencing mental health concerns, most often the first question asked is, "What type of insurance do they have?" For those without insurance or the ability to satisfy any co-pay requirements, this question can be immediately discouraging and lead some, if not all, to stop seeking help and simply live with their troubles. However, there is another answer particularly for those persons who want and need extra support to continue living successfully in their communities.

Peer Support can play a vital role in assisting persons with their mental health concerns. "Peer support is the process of giving encouragement or assistance to overcome a challenge in life by someone with lived experience. (Continued on next page)

FROM A PEER: "I like feeling that I am understood by others who have also traveled a rough road in life."



HOW TO JOIN A GROUP

- ~Visit our website [MHPS](#)
- ~Click on 'Info/Contact' tab
- ~Complete "Information Sheet for Group" and select the desired group or groups
- ~You will be contacted by MHPS staff with additional information for either a Zoom or In-Person group

COMING SOON: Support for Substance Use

- ~ Do you want help to live free from chemical addiction?
 - ~ Are you looking for a support network that focuses specifically on the challenges of addiction?
- Call MHPS at 817-500-8660 for information on a new support group

Peer workers can be people who experience the challenges themselves, or family members with loved ones who experienced such challenges. Peers offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, and communities of support" ([Texas Health & Human Services Commission](#)).

Peer support can help individuals who experience a variety of mental health issues including depression, anxiety, bipolar disorders, and substance use/addiction. Most importantly, peer support is not simply "self-help." Certified Peer Support Specialists are specially trained and licensed by the Texas Certification Board to provide support services in their area of lived experience.

Mental Health Peer Services of Greater Fort Worth (MHPS) is one such peer support agency. Our mission is simply "To empower people with lived experience of mental health challenges to achieve recovery."

Offering free services in Tarrant County to individuals who have mental health concerns, MHPS provides support groups (both online and in-person) facilitated by Certified Peer Support Specialists, personal one-on-one visits to check in with those needing additional support, and educational presentations to increase awareness in our community of mental health issues and the importance of self-care.

Finding assistance for a mental health issue should not be a complicated process, especially for those who want the extra support that a peer specialist can give.

Help may be as easy as a click on a tab ([MHPS](#)).

By Susan Bragg, Interim Executive Director, on behalf of the peers and Board Members of MHPS

FROM A PEER: "I just love Mental Health Peer Services!"

"The pandemic has made it more acceptable to talk about mental health. It has also reduced the stigma (a set of negative and often unfair beliefs) surrounding mental health, which has made people more comfortable getting support...One positive change is that people have realized that mental health and mental illness are not the same thing. Mental health is your social, emotional and psychological well-being...We really have a chance now to transform mental health care as we know it." ([Optum](#))

HELP US SPREAD THE WORD:

Do YOU KNOW a group or business that wants to learn about mental health?

MHPS OUTREACH SPECIALISTS CAN HELP

CALL OUR OFFICE AT 817-500-8660 TO ARRANGE AN OUTREACH PRESENTATION