



MENTAL HEALTH PEER SERVICES OF GREATER FORT WORTH

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

817-500-8660

WHO WE ARE:

[Mental Health Peer Services of Greater Fort Worth](#) is Peer- Run which means 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 and to help others. We call it MHPS ('mips'), and we're here for YOU!

Check out our website:

mhpsogfw.org

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

VITAL STATISTICS

Young adults ages 18 to 25 in the U.S have the highest rate of experiencing any mental health concerns (33.7%) compared to adults aged 26 to 49 years, and the highest rate of serious mental illness (11.4%)

[Mental Illness](#). National Institute of Mental Health. Accessed 2/7/2024.

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***You're never too young for help.***

Call to talk to a Certified Peer Support Specialist today—we're here for you! **817-500-8660**

MHPS offers no-cost peer support services to adults in Tarrant County

## SUPPORT GROUPS: MAKE CONNECTIONS, GET HELP (BY MAYO CLINIC STAFF)

**If you're facing a major illness or stressful life change, you don't have to go it alone. A support group can help. Find out how to choose the right one.**

Support groups bring together people who are going through or have gone through similar experiences. For example, this common ground might be cancer, chronic medical conditions, addiction, bereavement or caregiving.

A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about diseases or treatments.

For many people, a health-related support group may fill a gap between medical treatment and the need for emotional support. A person's relationship with a doctor or other medical personnel may not provide adequate emotional support, and a person's family and friends may not understand the impact of a disease or treatment. A support group among people with shared experiences may function as a bridge between medical and emotional needs.

### Structure of support groups

Support groups may be offered by a nonprofit advocacy organization, clinic, hospital or community organization. They also may be independent of any organization and run entirely by group members.

Formats of support groups vary, including face-to-face meetings, teleconferences or online communities. A lay person — someone who shares or has shared the group's common experience — often leads a support group, but a group also may be led by a professional facilitator, such as a nurse, social worker or psychologist.

Some support groups may offer educational opportunities, such as a guest doctor, psychologist, nurse or social worker to talk about a topic related to the group's needs. (continued)

**FROM A PEER:** "I feel grateful that I am not so alone anymore."



Support groups are not the same as group therapy sessions. Group therapy is a specific type of mental health treatment that brings together several people with similar conditions under the guidance of a licensed mental health care provider.

## Benefits of support groups

The common experience among members of a support group often means they have similar feelings, worries, everyday problems, treatment decisions or treatment side effects. Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and likely to understand one another.

Benefits of participating in a support group may include:

- Feeling less lonely, isolated or judged
- Reducing distress, depression, anxiety or fatigue
- Talking openly and honestly about your feelings
- Improving skills to cope with challenges
- Staying motivated to manage chronic conditions or stick to treatment plans
- Gaining a sense of empowerment, control or hope
- Improving understanding of a disease and your own experience with it
- Getting practical feedback about treatment options
- Learning about health, economic or social resources

### **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 a group that fits your needs.

## Getting the most out of a support group

When you join a new support group, you may be nervous about sharing personal issues with people you don't know. At first, you may benefit from simply listening. Over time, however, contributing your own ideas and experiences may help you get more out of a support group.

Try a support group for a few weeks. If it doesn't feel like a good fit for you, consider a different support group or a different support group format.

Remember that a support group isn't a substitute for regular medical care. Let your doctor know that you're participating in a support group. If you don't think a support group is appropriate for you, but you need help coping with your condition or situation, talk to your doctor about counseling or other types of therapy. (Reprinted in part from the Mayo Clinic)

### **HELP US SPREAD THE WORD ABOUT MHPS**

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

**MHPS OUTREACH SPECIALISTS CAN HELP**

**CALL OUR OFFICE TO ARRANGE AN OUTREACH PRESENTATION**

**817-500-8660**