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Mental Health Peer Services Of Greater Fort Worth

A Consumer Operated Service Provider

Defining Mental Health Recovery: A Personal Journey

When it comes to mental health, recovery is a term often used but rarely defined. For some, recovery may mean the complete absence of symptoms or distress, while for others, it may simply mean learning to live a fulfilling life alongside their mental health challenges.

At its core, recovery is a deeply personal journey that is unique to each individual. It involves learning to understand one's own experiences, developing coping skills and strategies, and working towards a meaningful life that aligns with your personal values and goals.

Recovery is not a linear process and may involve setbacks and challenges along the way. However, with the right support and resources, you can learn to navigate these challenges and build resilience in the face of adversity.

Ultimately, recovery is about *empowerment and hope* - the belief that *healing and growth are possible*, and that individuals have the power to shape their own lives, even in the face of mental health challenges.

So, whether you are just beginning your recovery journey or have been on this path for some time, *know that there is no one "right" way to define recovery*. Instead, it is up to each of us to find our own path towards healing, growth, and fulfillment.

Contributed by Alannah Puente, MHPS



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.



How To Join a Group

- 1) Visit our website www.mhpsogfw.org
- 2) Click on 'Info/Contact' tab
- 3) Complete "Information Sheet for Group"
- 4) Select the desired group or groups
- 5) You will be contacted by MHPS staff with additional information for either a Zoom or In-Person group



National Hotlines for Immediate Mental Health Support:

1. **National Suicide Prevention Lifeline:** Call 988 or 1-800-273-TALK (8255) for free and confidential support for individuals in distress, 24/7.
2. **Crisis Text Line:** Text MHA to 741741 for free, 24/7 crisis support via text message.
3. **SAMHSA's National Helpline:** Call 1-800-662-HELP (4357) for free, confidential, 24/7 information on mental health and substance use disorders.
4. **NAMI Helpline:** Call 1-800-950-NAMI (6264) or email info@nami.org for information on mental health resources and support.
5. **National Domestic Violence Hotline:** Call 1-800-799-SAFE (7233) for 24/7, confidential support for survivors of domestic violence.
6. **LGBTQIA+ Helpline:** Call 1-888-THE-GLNH (843-4564) or visit www.glnh.org for support and resources for the LGBTQIA+ community.

At the Heart of Peer Support: The Core Values That Unite Us

Peer support is built on a foundation of shared experiences and understanding. As people who have faced mental health challenges ourselves, we are uniquely equipped to offer empathy, validation, and connection to others on a similar journey. At the heart of peer support are several core values that guide our interactions and strengthen our community.

The first of these values is unconditional positive regard, which means **we accept and respect** every individual's unique experiences and perspectives **without judgment**. By fostering a safe and inclusive environment, we empower one another to share openly and honestly, building trust and connection among peers.

Another key value in peer support is a commitment to personal growth and recovery. **We believe in the power of hope and resilience**, and we celebrate each individual's progress, no matter how small. Through our shared experiences and collective wisdom, **we learn and grow together**, discovering new strengths and capabilities along the way.

Finally, peer support is grounded in the belief that **every person has a unique voice and perspective** that deserves to be heard. By honoring each individual's agency and self-determination, we create a space where everyone can contribute, learn, and find their place within the community.

Together, these core values of unconditional positive regard, personal growth, and mutual respect shape the transformative power of peer support.

Contributed by Alannah Puente, MHPS



All information shared with MHPS of Greater Fort Worth and all MHPS professionals is confidential, always. Peer stories and feedback shared with permission.

Thank you for reading!