

ERIC

Laconia, NH

“I started coming to One Peer and in the two months I’ve been coming here I have had so many positive interactions with members. When I come here I feel safe, listened to/heard. I suffer from social anxiety, PTSD, and General anxiety. Since coming to One Peer I have noticed a decrease in my anxiety and mood swings. I really enjoy the Arts and Crafts, rock painting, and gardening. It helps keep me present and in the moment. Everyone is kind, caring, and there for you if you need that support.”

DEXTER

Laconia, NH

“My experience with One Peer to Another has significantly increased my connection with my community and dropped my isolation within it. I’ve found One Peer to be a safe place to help me reconnect within this community. I started going to One Peer 4/23. What surprised me about One Peer is the members are on my level. My struggles with mental health are not severe and the members that join me at One Peer have the same level of mental health issues. Myself and the members are able to relate and connect in a way that is natural and honest. My social anxiety has been tested and the three person team that they have at One Peer is top notch. This team is compassionate, giving, accepting, and aware of its members emotions and anxieties. What they offer at One Peer is extensive and what has helped me most within my life has been; daily affirmations, cooking instructions, teaching of coping skills, walks within the community, activities out in the community, gardening, and crafts. Inside and out of the One Peer building is beautiful and clean. The team has taken a lot of time and made a lot of effort to make sure that the structure of the building is as comfortable for its members as possible. My first steps into One Peer to Another were difficult and scary. What I have gotten out of this place has been worth every step I have taken since walking through.”

LYNDA

Laconia, NH

“Recently I realized if I wanted to get well I had to walk away from my family and three friends I have had since grade school. All I have currently is my 37 year old son. This decision had me full of anger, fear, and anxiety. The struggle was very lonely, even though my family and 3 friends were toxic, abusive, and dysfunctional. I felt so ALONE. I wanted and needed support however I had no hope, or faith in humanity anymore. I had been in isolation. I went to Peer very unsure and nervous, Miranda she is like Magic! She had my attention right away. Her ability to know what I needed and lacked impressed me. She is amazing and I’m so happy and grateful to

spend meaningful time with her. I wasn't judged, and trust came easy. I had hope again. I have PTSD and mental illness. Many people can be mean, or laugh at me. That's what I have been used to until Miranda showed so much positivity and strength. For the first time in a long time I felt safe and alive again. Miranda is fun, She gets life! Michelle is always kindhearted and smiling. She's usually very busy but always stops in passing with genuine help and listens with compassion and patience. I felt welcomed by her. I was a hot mess when I arrived and she looked past my awkwardness. I didn't feel judged and I value that. Wayne made it easy for me to be honest. He communicates very clearly. I could finally get the help I so desperately needed because he has so much compassion and understanding. The information he gives me has helped me be self aware. We meet weekly and discuss coping skills, self love, among many other positive ways to help me with substance abuse. I can't do clinical settings for help. I saw a lot of very negative ways, People in my life overdosed, went to prison, etc. My mother committed suicide. Life hasn't been happy for me. The way I have been living life was very negative and because I have Peer now I am learning so many positive things that I was never taught. I don't feel shame or judged, I feel heard and at last somebody cares, and I can get the help I need. I can be honest and feel safe. I was relieved to let go of FEAR. Thank you all so much. You guys mean a lot to me. I'm so thankful for the help I am getting. I can relax and trust you all more each day. I have been so lost and angry. I'm glad I found Peer just in time. I was ready to give up. Thank you for restoring my faith in humanity. Being aware I won't be an easy target."

BOB

Northfield, NH

"In the course of learning IPS; which I believe to happen every day in our conversations. Helps me to be understanding and empathetic while using I.P.S. Gives me insight into other peers worldview. I learn new ways to cope with others world views. Here at "One Peer to Another" I have made new connections."

DOUGLAS

Franklin, NH

"One Peer to Another has been a positive impact. The staff don't just do it for a paycheck, they genuinely care about people and treat people like humans. The staff 100% know how to handle stress and how to handle peoples' issues and walk them through it. The transportation sources help as well for those that need it. Good team, excellent service!"

TOM

Plymouth, NH

"One Peer to Another was great when I went in during my crisis. They will listen to you and provide feedback. I will always recommend One Peer to Another to anyone because of how great the staff is."

EVY

Laconia, NH

"So my mom says this saying all the time "Out of all bad comes good." It is so true because a couple of weeks ago I had to call Lakes Region Mental Health because I was having suicidal thoughts. Well, the lady I spoke to was very helpful. She had mentioned if I had looked into a support group for people with bipolar issues. I said I did not know that existed. She told me after I got off the phone with her to google support groups in the area, so I did and came across One Peer to Another in Laconia. I gave them a call and spoke to Miranda. We had a great phone conversation. Later that day I came in just to do a tour of the place, and I met Lorinda. I just want to say since the last couple of weeks since I started coming here daily I have met some amazing people. Lorinda is amazing, very kind, caring, thoughtful, loving, understanding and very helpful. I'm just amazed how I can let myself be myself, especially with the other members.

Everyone here, the staff and the members, are all great people. I can't speak highly enough about this place. Thank you all, you have all been life changing to me!

NORMAN C.

Concord, NH

"I enjoy coming here because it is helpful when I participate in Groups. I like to share my life story with others; the staff and my peers."

MALCOLM K.

Concord, NH

"What I like about One Peer to Another is that it's a great place to meet new people and make new friends. It's a great place to go if you are having a really tough time with stress. The staff at the Center are very caring, helpful and respectful. The staff are wonderful and super thoughtful and willing to help anyone who needs it. When you need someone to talk to they are

there for you. If you're feeling down, the Center is a great place to go to get help. They help you cope with whatever you're going through. I am grateful to have Miranda, Megan, Karl and all of my friends at the Peer Center in my life. That is why I highly recommend One Peer to Another to anyone who needs help in their life."

AMY

Laconia, NH

"I'm so glad I found One Peer. A hidden gem in our community! Being affected by mental illness can at times be lonely and isolating. Now I always have a place to go when I need to. I was nervous at first but now I'm building friendships. I love all the art groups too!"