



National Alliance on Mental Illness

Southwest Ohio

one-on-one peer support
for those experiencing mental health concerns

offered at no-cost to participants

Get the Support You Need

NAMI Southwest Ohio's Peer Partners has been created as a FREE means of support during these unprecedented times.

- Connect **one-on-one with a peer** living well with mental health concerns.
- **Twice weekly 30 minute calls** available for one month.
- Share **experiences, coping strategies, and hope** for recovery.
- **Why now?** Situational anxiety and depression are more prevalent than ever due to the pandemic, and many individuals with no prior history of mental health challenges may experience them for the first time.
- **Our trained peers are well acquainted with the struggle, fear, and hopelessness** that those experiencing mental health concerns share. This commonality puts them in a unique position to relate to their partner's experience. **Now is the time to start the conversation about mental health and develop coping strategies.**

[REQUEST A PARTNER](#)

Questions? Email our Program Director
julia.saldanha@namiswoh.org

www.namiswoh.org

Education, support, and advocacy for people living with mental illness and their families