

MHMR Peer Services

Peer Support Groups are a safe place to share your thoughts and feelings with others who are on a mental health recovery journey and understand what we are going through.

Groups are **FREE** and held weekly at this clinic or you can schedule individual sessions. Clinic groups are for anyone receiving MHMR services. Community Center groups are open to any member of the center.

Individual peer sessions can be requested from your case manager.

What is Peer Support?

- Peer Support Services are provided by and for people with a mental illness and are designed to assist people with their recovery.
- Peer Support consists of supportive interactions based on shared experience among people and are intended to assist people to understand their potential to achieve their personal goals. Interactions are based on trust, respect, and mutual support.



Why Go to a Support Group?

- To feel in a very real way that we have something in common with others.
To feel we are able to contribute as well as be supported.
- To have a safe place to share concerns and get helpful suggestions on coping with mental illness.
- To befriend others and enjoy life.



Clinic Peer Support Days, Times and Main lines

- **Arlington Clinic**, 501 W. Sanford St., Suite 11, Arlington
1:30 p.m. to 2:30 p.m. Wednesdays – 817-569-4900
- **Circle Drive Clinic**, 1200 Circle Dr., Suite 400B, Fort Worth
9:30 a.m. to 10:30 a.m. Thursdays-817-569-4750
- **Mid-Cities Clinic**, 4239 **Road to the Mall**, North Richland Hills,
9:30 a.m. to 10:30 a.m. Wednesdays-817-569-5800
- **Northwest Clinic**, 2400 NW 24th Street, Fort Worth
1:00 p.m. to 2:00 p.m. Tuesdays-817-569-5000
- **Penn Square Clinic**, 300 Pennsylvania, Ave., Fort Worth
11:00 a.m. to 12:00 p.m. Tuesdays-817-569-4555
- **Western Hills Clinic**, 8808 West Camp Bowie,
Fort Worth, 10:00 a.m. to 11:00 a.m.
Wednesdays-817-569-5980



24/7 Crisis Line

- 817-335-3022
- 1-800-866-2465 (Toll free)
- 817-569-4488 (TTY-TDD)

What people are saying about MHMR Peer Support Groups

“People understand me and no one judges me.”

“Someone cares about how I feel.”

“I feel hope for the first time in a long time.”

“I learn about my diagnosis and new coping skills and ways to manage symptoms.”

“Someone has been through what I am going through and is helping me find my way.”

The Community Center

Additional support and activities are available at The Community Center. You do not need to receive MHMR services to participate.

505 S. Jennings Ave., Fort Worth
Monday- Friday, 8 a.m. to 3 p.m.
817-332-5868

Community Center Peer Support Group
1:30 p.m. to 2:30 p.m. Tuesdays

Learn more about MHMR Tarrant:
www.MHMR Tarrant.org