



New Mexico

VA Health Care System

Health Care for ~~United States~~
Veterans

Peer Support Group

Mission Statement

To fulfill President Lincoln's promise "To care for him who shall have borne the battle, and for his widow, and his orphan" by serving and honoring the men and women who are America's Veterans.

What is Peer Support?

Peer Support is a system of giving and receiving help founded on key principles of respect, shared responsibility and mutual agreement of what is helpful. It is a process dedicated to promoting empowerment and self-determination in the service of recovery.

What are Peer Support groups like?

Peer support groups are led by someone, like you, who has been through a trauma. Groups meet in person in one hour sessions.

Sharing your story with others may help you feel more comfortable talking about your trauma, or it may help to listen to other people talk about their experiences with a similar trauma.

Peer support groups can help you cope with memories of the trauma or other parts of your life that you are having trouble dealing with as a result of the event. You may learn to deal with emotions such as anger, shame, guilt, and fear if you open up to others who understand.

When you connect with other people, it can help you feel better. You can work together with others to get better at talking about your trauma or learning how to ask for help when you need it. You will help others by sharing and talking about your experiences.

What is a Peer Support Provider?

A person with a mental health and/or co-occurring disorder, who has been trained to help others with these disorders identify and achieve specific life and recovery goals.

Peer Support providers serve as role models by sharing their personal recovery stories, showing that recovery from mental illness is possible.

What is the purpose of a Peer Support Program?

As Peer Support providers our purpose is to provide opportunities for Veterans:

- To take control of their own recovery.
- To teach and support the learning skills needed to facilitate one's recovery.
- To inform Veterans of available services and resources.
- To help Veterans develop a sense of wellness and self-worth.
- To bring a unique perspective to the treatment teams they work with.

We invite you to participate

For more information or wanting to join a Peer Support Group call:

505-382-1160 or
505-265-1711 Ext 5328 / 7291

Peer Groups will be held at:

Los Lunas station on the New Mexico Rail Runner Express commuter rail line located at
101 Courthouse Road SE, Los Lunas,
NM 87031

Schedule of groups:

February 13, 20 and 27, 2020

Peer support groups can be an important part of dealing with life stressors or triggering events but they are not a substitute for effective treatment..

What are the benefits of joining a Peer Support Group?

Joining a peer support group can help in any number of ways, such as:

- Knowing that others are going through something similar.
- Learning tips on how to handle day-to-day challenges.
- Meeting new friends or connecting to others who understand you.
- Learning how to talk about things that bother you or how to ask for help.
- Learning to trust other people.
- Hearing about helpful new perspectives from others.



Support Group Requirements

The Support Group will consist of a one hour open forum discussion and/or skills building sessions.

The attendance for each session will be limited to ten (10) Veterans.

Every Veteran will be asked to be involved in the discussion.
