



## ABOUT PEER2PEER PEER SUPPORT

The time following discharge from inpatient or emergency psychiatric care can be challenging for many people. There are often high rates of emergency department visits, re-admission to inpatient psychiatric care, and suicide.

Providing support in the community is critical after discharge from emergency or inpatient care to help you continue on your recovery journey, and there is growing research and data that indicates that engagement with peer support during this time can be incredibly important and effective.

Mental Health Minnesota's Peer2Peer program provides innovative peer support to help you stay well at home and in your community and avoid emergency department visits and inpatient psychiatric care. We provide this support during a 12-week program that provides peer support through telehealth via Zoom, all free of charge.

## HOW THE PROGRAM WORKS

The Peer2Peer peer support program includes frequent meetings with our peer support staff who understand the challenges following psychiatric emergency and/or inpatient care, and who can provide a listening ear and guidance toward a future that includes wellness and recovery.

Peer2Peer provides easy access in one location to peer support, resources, and goal setting, as well as individualized content and tools. Mental Health Minnesota staff will support you through weekly video calls and online chats, easy access to the Minnesota Warmline peer support service and 988 Suicide and Crisis Lifeline, reminders about upcoming appointments to help you stay connected to ongoing care, safety planning and wellness planning tools, weekly modules that support mental health recovery, and tools/resources to manage mental health symptoms.

## HOW TO PARTICIPATE IN THE PEER2PEER PROGRAM

You are eligible to participate in this program if you are a resident of Minnesota and have been provided with inpatient care or emergency services in the past 90 days. Because the program is delivered through Zoom, you must have access to a smartphone or tablet to participate.

If you meet eligibility requirements, you can work with a provider/clinician/case manager to fill out the enrollment form online, or you can complete the [enrollment form](#) on your own. Mental Health Minnesota will then work to match you to a peer support staff member. We will do our best to respond to all referrals within 24 hours (Monday through Friday, 9 a.m. to 5 p.m.).

If possible (if you are still in inpatient/emergency psychiatric care), Mental Health Minnesota staff will work with your provider to set up a brief first meeting with you prior to discharge to introduce themselves so you are already connected to the peer supporter upon discharge from the hospital and help you download the Zoom app onto a device and sign into the app for the first time.

**REGISTER TO PARTICIPATE BY  
SCANNING THE QR CODE OR VISITING  
[WWW.MENTALHEALTHMN.ORG](http://WWW.MENTALHEALTHMN.ORG)**



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