WellSpan Philhaven is south central Pennsylvania’s most comprehensive behavioral health organization, serving Adams, Dauphin, Lancaster, Lebanon and York counties through 54 programs and 27 care locations. For 65 years, we have focused on treating the whole person – mind, body and soul. We offer services for all ages and various levels of care, including hospitalization, residential and day programs, outpatient counseling, and services in the home, school and community. WellSpan Philhaven is part of WellSpan Health, an integrated health system serving the region with more than 1,200 physicians and advanced practice clinicians, six respected hospitals, 15,000 employees and more than 130 care locations.

A Certified Peer Support Specialist Is:

- Trained to provide support
- Understanding of what you are going through
- Succeeding in their own personal recovery
- Using personal life experiences
- Open-minded and non-judgmental

PEER SUPPORT PROGRAM
2601 Herr Street
Harrisburg, PA 17103
(717) 221-9610

WELLSPAN PHILHAVEN
283 S. Butler Road
P.O. Box 550
Mt. Gretna, PA 17064
(800) 932-0359
www.WellSpanPhilhaven.org
**Peer Support Program**

Are you struggling with finding a foothold in life? WellSpan Philhaven’s Peer Support Program wants to help. Our trained peer support specialists have learned skills and lived experiences which allow them to claim power over their own lives and mental health treatment. Peer support specialists have had similar life challenges to what you may be experiencing right now. They can help you find your strengths and build on those strengths to help you overcome life’s challenges. You can claim your rightful place in your community. We would be honored to walk beside you and help you find your way!

“There is much to hope for! People with mental illness can and do get well, and stay well for long periods of time.”

- MaryEllen Copeland, Ph.D.

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**Our Partnership With You**

Our certified peer support specialists are able to partner with you to:

- **Connect** with your community
- **Clarify** personal goals
- **Advocate** for your specific needs
- **Find** housing options
- **Help** secure transportation
- **Improve** budgeting skills
- **Attend** appointments where support may be needed
- **Assist** with forms and applications
- **Write** a mental health advance directive
- **Create** a Wellness Recovery Action Plan™

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**Working Together Towards:**

- Hope
- Strengthening independent living
- Enhancing a community support system
- Openness in expressing needs
- More independence
- Connecting to others
- Handling emotions
- Finding your voice