



Welcome to the PeerSupport Academy!

The Peer Support Academy (PSA) is designed to inspire people living with mental health conditions to take ownership of their mental health recovery journeys so they can enjoy life as much as possible. All PSA staff are trained as Certified Peer Recovery Specialists, and we're in the recovery process ourselves. We understand how important it is to honor and encourage each other's individual wellness goals. We're here to be your "cheerleaders!"

Through a variety of online and in-person activities, we present and share "wellness tools." Wellness tools are skills we learn to help ourselves reach our wellness goals and achieve lives full of purpose and inner peace. Activities include Recovery Education (such as the Wellness Recovery Action Plan®), Wellness Activities, Support Groups, Speakers, Outings, Community Service Projects, Substance Abuse and Addiction Recovery classes, and activities just for FUN (parties, games, crafts, etc.).

Who's Eligible for Peer Support Services? Individuals 18 years and older who at some point have, as adults, experienced a mental health disorder. This may include, but isn't limited to: anxiety, depression, post-traumatic stress, bipolar disorder, schizophrenia, and addictions.

How Do I Participate? Call or text to let us know you're coming and we'll go over the guidelines with you. When you arrive at the activity, we'll have one page of paperwork for you to fill out, and there will be a confidentiality agreement to sign. For more details, including how to receive transportation, please see the 2nd page (back side) of our calendars. Downloadable calendars for each county can be found on the web pages to the right.

WE CAN'T WAIT TO MEET YOU!

No-cost services made available through a grant from the



LOCATIONS:

Blount County
865-373-8207

2339 Jones Bend Rd
Louisville, TN 37777

<https://www.covenanthealth.com/peninsula/our-services/blount-peer-support-academy/>

Knox County
865-363-2819

1451 Dowell Springs Blvd
(Upper level)
Knoxville, TN 37909

<https://www.covenanthealth.com/peninsula/our-services/knox-peer-support-academy/>

Sevier County
865-774-7559

509 High Street
Sevierville, TN 37862

<https://www.covenanthealth.com/peninsula/our-services/sevier-peer-support-academy/>

