



FOR IMMEDIATE RELEASE
March 17th, 2020

Monadnock Peer Support Moves Services Remotely
Contact: pstarkey@monadnockpsa.org

Community Members,

I am writing to inform you that after consulting with the MPS board of directors we have made the difficult decision to cease on-site, and transportation support services Wednesday, March 18th at 2:00 PM. MPS will be making remote support available to all members and participants starting Monday, March 23rd. This includes:

- Telephone support by calling 603-352-5093 from 9 am-9 pm Monday-Friday (Warm Line operates from 4 pm- 9 pm).
- Chat support through our Facebook page from 9 am- 4 pm Monday- Friday
- Facebook support group for community members to support one another (Search: Monadnock Peer Support Community Group).
- Virtual offerings of groups through Zoom conference call services (please check the website and Facebook for instructions).
- Check In and Check Out will continue to occur daily via Zoom (please check the website and Facebook for instructions).
- Monadnock Youth Peer Support groups for high school students through conference call services (please contact jgrophear@monadnockpsa.org and kcarrien@monadnockpsa.org for information).

As always, our services are offered free of charge and do not require proof of insurance. MPS extends these range of options for the wider community to offer mental health support and process any of the experiences we may be having. Your mental health is just as important as your physical health.

In the coming weeks, we must do our best to protect those among us who are most vulnerable, whether physically or emotionally, and to treat one another with respect.

To our members, I know it will be difficult to not see your peers and your center. We are taking these measures to protect you and to protect others in the community who may be more vulnerable to this disease than you are.



To our staff, I recognize we are expecting you to raise the bar in your efforts to support our important mission. We do this because we know we can rely on your creativity and flexibility through these challenging times.

In Intentional Peer Support (IPS) we shift our focus from fear to hope and possibility. The board and team at MPS are hopeful that these expanded services will not only support our entire community during this time of uncertainty, but also expand our community of support across the region.

In the end, it will be impossible to tell if we overreacted or did too much, but it will be obvious if we did too little. I am proud to be a member of a community where we support one another despite having the odds stacked against us. I will provide an update on the status of on-site services by April 3rd. We will see you soon and thank you for your patience.

Best wishes,

Peter Starkey
Executive Director
Monadnock Peer Support

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