



## **Monadnock Peer Support Moves Services Remotely Update #2**

**Contact:** [pstarkey@monadnockpsa.org](mailto:pstarkey@monadnockpsa.org)

**Community Members,**

**I am writing to provide an update to the previous release on March 17th. To align with the Governor's "Stay-at-Home" emergency order, MPS will remain closed to on-site services through May 4th, 2020. MPS has already launched our remote services. 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, Check In, and Check Out through Zoom conference call services (<https://www.monadnockpsa.org/online-groups> and Facebook for instructions).**
- **Monadnock Youth Peer Support groups for high school students through conference call services (please**

contact [igrophear@monadnockpsa.org](mailto:igrophear@monadnockpsa.org) and [kcarrien@monadnockpsa.org](mailto: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.

Best wishes,

Peter Starkey

Executive Director

Monadnock Peer Support