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## **PEER WELLNESS PROGRAMS**

### **Monthly Recovery & Empowerment Statewide Call**

4<sup>th</sup> Thursday of the month, January – October

10:00 am. – 11:30 am.

Dial-In: 1-888-790-6707

Passcode: Recovery

The Monthly Recovery & Empowerment Calls provide education and support for all persons living with mental health conditions and receiving mental health services. Calls place an emphasis on sharing successful tools and strategies for wellness. Callers receive information directly from the Division of Mental Health (DMH) and can ask questions directly to the DMH.

### **WRAP (Wellness Recovery Action Planning)**

WRAP is a health, wellness and recovery system developed by people with mental health difficulties. WRAP involves listing your personal resources, your Wellness Tools, and then using those resources to develop Action Plans to help you to get well and stay well.

A WRAP will also state how you want others to respond when symptoms have made it very difficult for you to continue to take care of yourself and make your own healthcare decisions. WRAP also includes a Crisis Plan or Advance Directive.

You can find out more about WRAP on the [Mental Health Recovery and WRAP website](#).

### **Peer Warmline**

Hours of Operation: Monday through Friday, 8 am - 5 pm, except holidays

Call 1-866-359-7953, Select "The Warm Line"

The Illinois Department of Humans Services Warm Line is staffed by trained professionals who have experienced mental health recovery in their own lives. It provides:

- Emotional Support
- Recovery Education
- Self Advocacy Support

The Warm Line is not a crisis hotline. The Warm Line is based on the idea that sometimes what is needed most in difficult times is someone to talk to, who will listen and understand.