



PROJECT RETURN PEER SUPPORT NETWORK

Taking charge together!

PRPSN is a unique mental health nonprofit where staff utilize lived experience to support and serve others with mental illness. Our services pick up where traditional mental health services leave off...

SUPPORT GROUPS: There are over 175 weekly groups throughout Los Angeles serving 2,500 people a month. They are 1-2 hours once a week and are led by volunteers.

WARM LINE: Los Angeles County's first after-hours telephone line for mental health. Operated by trained peer supporters using a toll-free number English **(888) 448-9777** and Spanish **(888) 448-4055**, providing bilingual support from 5PM – 10PM weeknights and 11AM – 4PM on Saturday.

ONLINE GROUPS: With a few simple clicks you can gain access on virtually any device to our seven online groups. Create a free profile and register at: http://supportgroupscentral.com/groups_detail.cfm?cid=16

HACIENDA OF HOPE: Offers a safe alternative to emergency hospitalization for individuals experiencing a stressful life event or crisis. This short-term respite home accommodates up to 10 guests as they work on individualized wellness and recovery plans and connect with local resources. It also offers support groups for individuals within the community. **(562) 388-8183**

EL CENTRITO DE APOYO: Is a multi-service Spanish language program which provides a range of services to the underserved Latino community. Over 200 people a month benefit from workshops, groups and one-on-one assistance with employment, housing and social connectedness. **(323) 312-0640**

UN PASO MAS: Is co-located with El Centrito but provides most services at local schools, churches and community centers. Its mission is to raise awareness about mental health issues, provide linguistically and culturally appropriate support and tools to the Latino population, many of whom are recent immigrants. Un Paso Mas offers over 20 weekly support groups and holds psycho educational workshops quarterly. Reaching over 800 people monthly. **(323) 312-0762**

COMMUNITY INTEGRATION PROGRAM: Helps almost 200 people in locked settings a month. A Peer Mentor serves as a bridge and assists in creating a plan for returning to the community which incorporates housing, social support and securing resources.

TRAINING: Project Return offers a myriad of training opportunities for individuals with lived experience of mental illness. The **Peer Professional Training & Placement** prepares people for employment or volunteer positions in the public mental health system. Several other workshops and training opportunities are afforded throughout the year.

DONATE: To donate quickly or use your credit card, please use our secure online donation service at www.prpsn.org. For information about donating contact: **Anna Littleford** at development@prpsn.org .

Project Return Peer Support Network
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