

RESOURCES

FOOD

Alameda County Food Bank
(800) 870-FOOD (3663)
(510) 635-3663
www.FoodNow.Net

EMERGENCY SERVICES

Information and Referrals
2-1-1

Cherry Hill Detox
(866) 866-7496

Domestic Violence
(800) 799-SAFE (7233)

24 Hour Crisis Line
(800) 309-2131

SUPPORT

Catholic Charities
(510) 768-3100
cceb.org

Reach Out
(510) 654-7813
peerwellnesscollective.org



**VOLUNTEERS
NEEDED**

Volunteers needed... (inside)

HELPLINES

Friendship Hotline
(800) 971-0016



RECOVERY WEBSITES

AA and NA Meeting Guides
<https://www.aa-meeting.net/>
<https://www.naalamedacounty.org>

24/7 PEER-RUN WARM LINE

Mental Health Association of SF
(855) 845-7415
mentalhealthsf.org

HOUSING

Tenant Support Program (TSP)
(510) 594-1951
peerwellnesscollective.org

PEER SUPPORT TRAINING

BestNow!
(510) 654-7813
peerwellnesscollective.org

PEERS
(510) 832-7337
peersnet.org
wrap@peersnet.org

WELLNESS/RECOVERY SERVICES

Berkeley Drop-In Center (BDIC)
(510) 653-3808
peerwellnesscollective.org

Reaching Across
(510) 745-9500
peerwellnesscollective.org



Peer Empowerment Publication

A Mental Health Peer Publication
created by the Reach Out Team

ADDRESS

Reach Out
8105 Edgewater Dr. Suite 100
Oakland, CA 94621

CONTACT NUMBER

(510) 654-7813
Leave Message

WEBSITE

peerwellnesscollective.org



Reach Out

P.E.P.

December 2023 Inside this issue...

- Wellness Tools
- Affirmations
- Community News/Events
- Self-Care Tips
- Cartoon Strip
- Quote of the Month
- Words to Know
- Wellness Activities
- Resources

Put a little
P.E.P.
in your step!!!





Community News/Events...



- **Berkeley Drop-In Center (BDIC)** has free mail services, free lockers, refreshments, phone access, computer access, payee service, ID application assistance, and more. For information visit peerwellnesscollective.org
- The **Tenant Support Program (TSP)** offers weekly support groups including "Issues that Matter" and "WRAP". Visit peerwellnesscollective.org
- Try a Zoom Group with **Reaching Across (RA)**! To look at the schedule go to peerwellnesscollective.org/events
- Bay Area Hearing Voices Network (**BAHVN**) has a FREE "Online Game Night" every Friday. For more info go to bayareahearingvoices.org
- **BenefitsCal.com** is new! It is a website for Alameda County residents to apply for, view, and manage their public assistance benefits online (i.e. CalWORKs, Refugee Case Assistance, CalFresh, Medi-Cal) and is currently available in 20 languages!

Purpose

The mission of Reach Out is to improve the quality of life of mental health peers within Alameda County by promoting freedom of choice, empowerment, and independent living in the community.

Mental health peers are not their diagnosis.



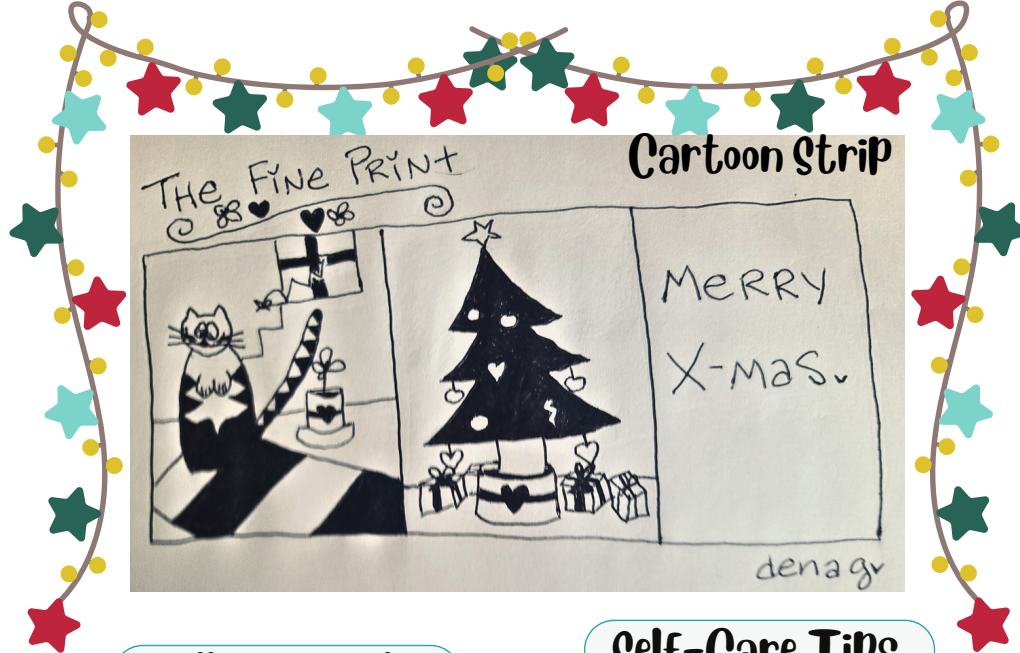
QUOTE of the Month

"We must believe in the power and strength of our words. Our words can change the world."

-Malala Yousafzai

Affirmations

- I persevere through every obstacle
- I grow stronger with every challenge
- I am learning from my mistakes and reflecting on my progress



Wellness Tools

- Give yourself the gift of peace by listening to a meditation
- Begin a daily walking routine
- Look outside and write about what you like
- Create relaxing surroundings
- Share intense feelings with someone you trust
- Look in the mirror and give yourself a goofy smile

Self-Care Tips

- Start the day with a healthy breakfast
- Applaud your successes
- It's okay to say no to people
- Take a break...choose a fun activity and get into it
- Ask for what you need and see what happens
- Bravely take that next step to reach your goal

Announcements

We are looking for creative expressions, including personal stories, to put in our P.E.P. Please mail or give your creative expressions to your provider or mail to the address on the cover of this publication.



Reach Out is looking for volunteers- If interested, please contact us at 510-654-7813.



Reach Out is a Peer Wellness Collective Program

Funded by



alameda county behavioral health
MENTAL HEALTH & SUBSTANCE USE SERVICES

WELLNESS • RECOVERY • RESILIENCE

Words to Know

inside this issue



Affirmation - short, encouraging statements that one can use to create a more positive frame of mind; it is helpful to repeat them aloud everyday, or even write them down in a place where you can see them

Empowerment - the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights

Peer - in behavioral health, a peer is usually used to refer to someone who shares the experience of living with a mental health and/or substance use challenge

Peer Support - when someone shares their personal experiences, practices active listening, and gives resources to support others

Peer Support Specialist - someone hired at a job to use their lived-experience of recovery from mental health and/or substance use challenges to support others in recovery

Self-Care - taking supportive action to preserve or improve one's own physical, emotional, spiritual, intellectual, environmental, financial, occupational (work), and social health and wellbeing

Wellness Tools - things you have done in the past, or could do, to help yourself stay well; things you could do to help yourself feel better when you are not doing well



Wellness Activity

Word Search

Colors

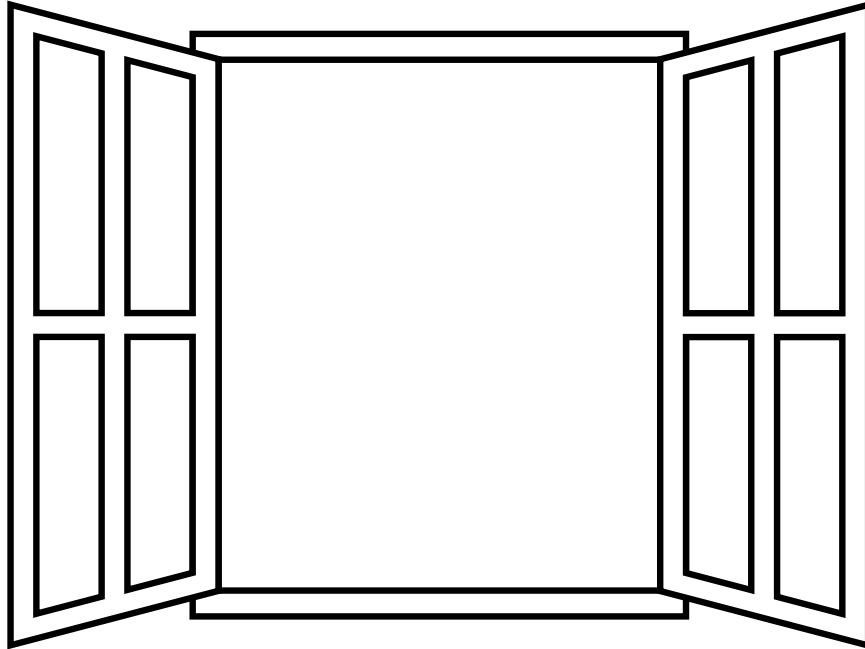


- Burnt Orange
- Ghost White
- Lime Green
- Neon Green
- Baby Blue
- Chocolate
- Rose Pink
- Ash Gray
- Chestnut
- Mahogany
- Sky Blue
- Turquoise
- Magenta
- Scarlet
- Fuchsia
- Indigo
- Maroon
- Silver
- Violet
- Amber
- Olive
- Peach
- Aqua
- Fawn
- Gold
- Mint
- Snow
- Teal

C H O C O L A T E W L D F J Y X K
 N M E W R A H R X I G T J A G T N
 U R M W Q P E C M C N J K P W S I
 B E G U G O D E A F U C H I A N P
 M V A V G X G X X E U W V B J O E
 G L I V P R K K D Q P H I U F Y S
 G I W R E B M A O L I V E R C F O
 H S C E J C H E S T N U T N C Q R
 O F N W O N S C A R L E T T N Y G
 S T E A L T U R Q U I S E O G A M
 T V B A B Y B L U E L I O R V R A
 W M I N T V I O L E T R L A X G H
 H R E U L B Y K S R A B Y N V H O
 I E R R C F G Q C M R P O G Q S G
 T V E C N E B O X E X G V E F A A
 E M A G E N T A L H I N D I G O N
 N E O N G R E E N D C W F B D U Y

Wellness Activity

Just doodle or decide to...



Reach Out thanks the Berkeley Mental Health Card Making Group and the artists with Katy from the Berkeley Adult School for designing and creating wellness cards for the peers in psychiatric hospitals, board and care homes, and other wellness facilities!

Wellness Activity

End-of-Year Activity

Day 1

My Gratitude Jar

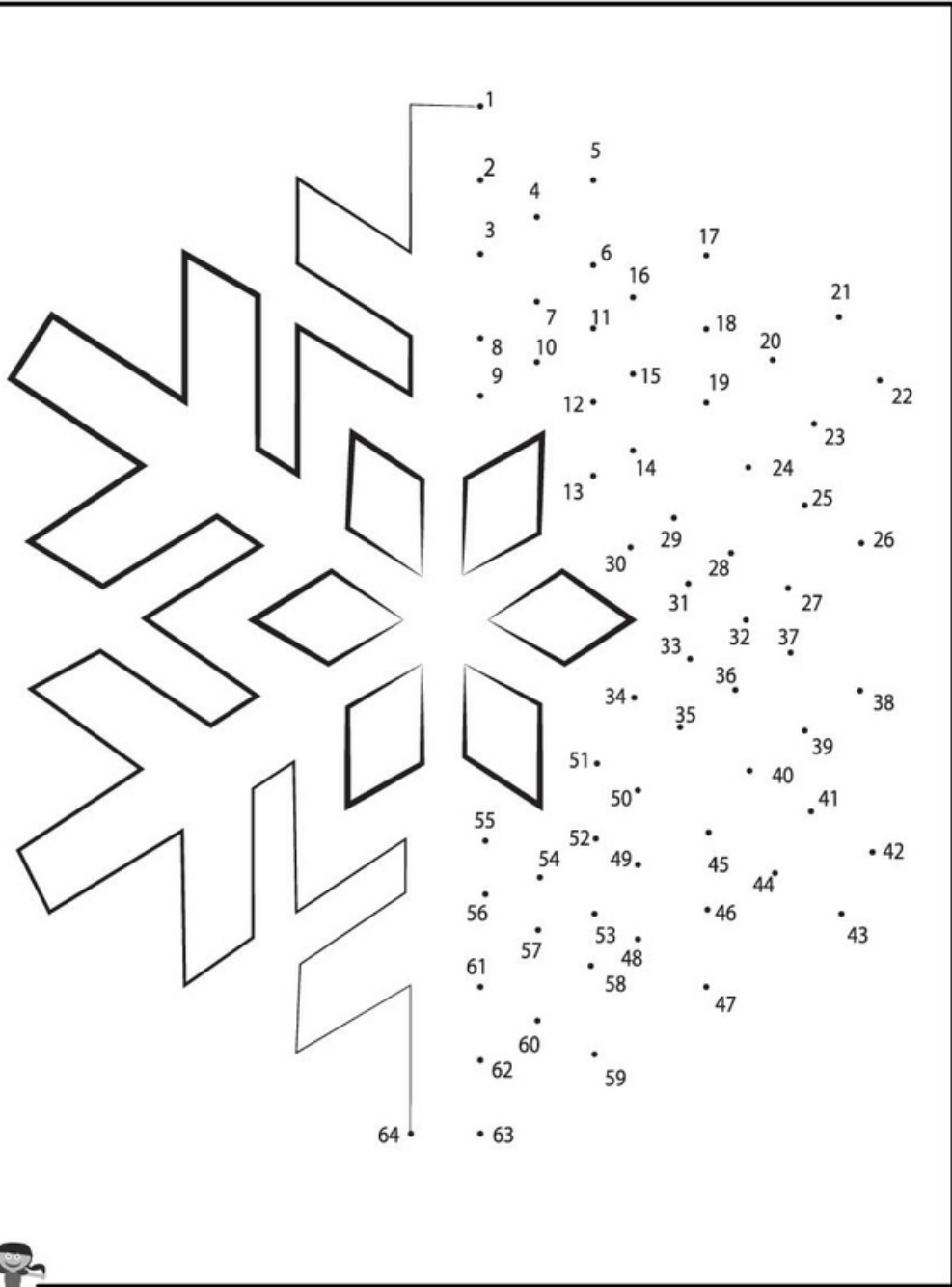
Think about different people, things, and events you are grateful for. Write what and who you are grateful for inside your "Gratitude Jar" below.





Wellness Activity

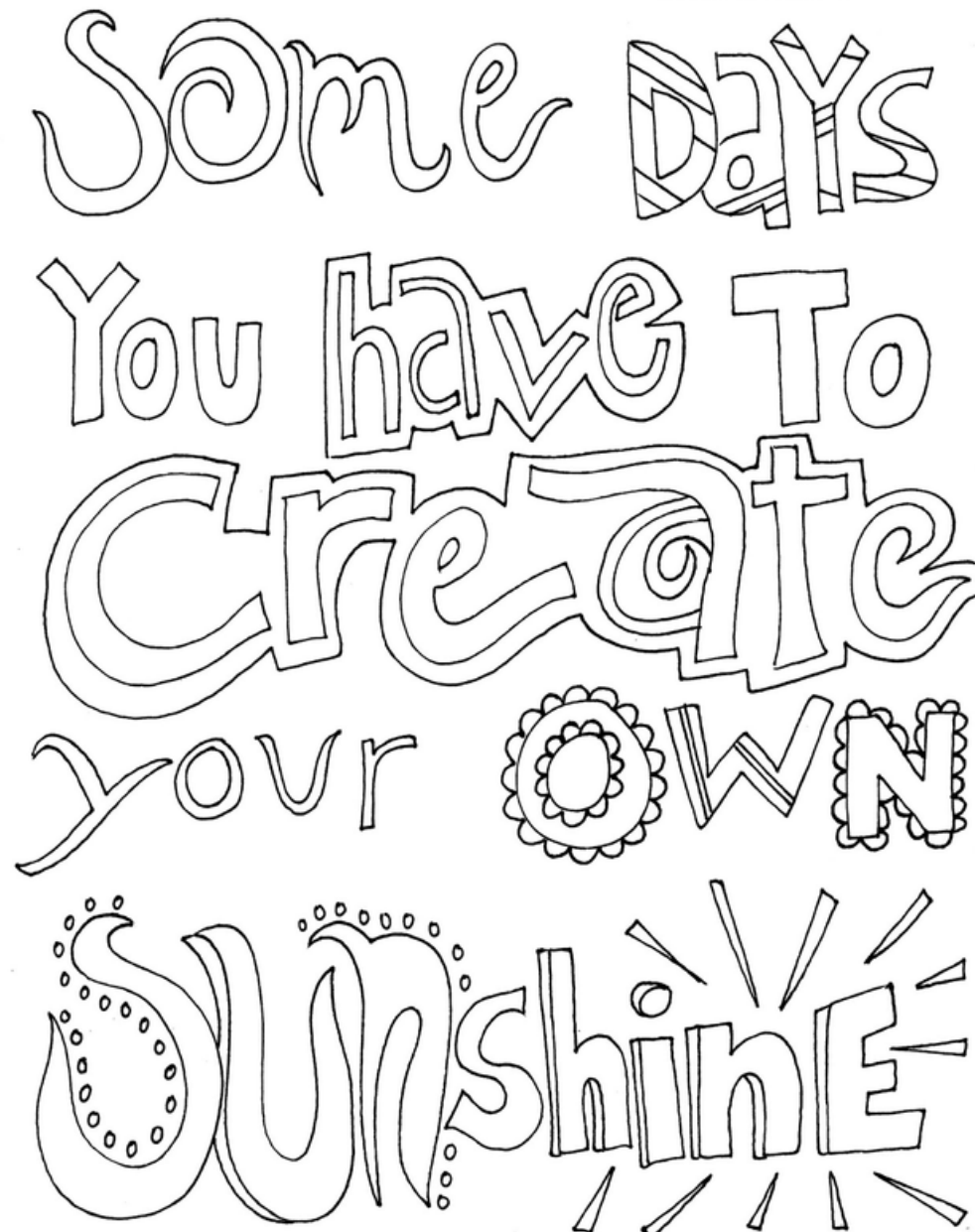
Dot-to-dot



Wellness Activity

Coloring Page

Doodle Art Alley ©





Join Us!

VOLUNTEERS

WANTED

“*Nothing about us
without us*”

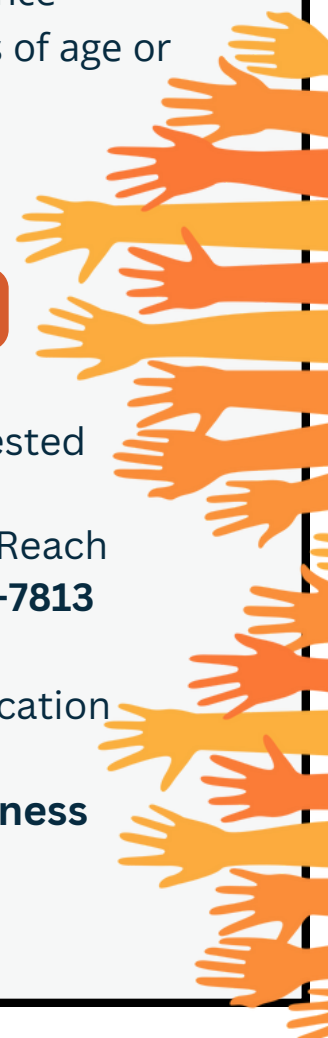
Reach Out connects with peers in psychiatric hospitals, board and care homes, and other wellness facilities to provide support, offer wellness activities, and assist participants in their transition to independent living.

Volunteer Requirements:

- Lived experience with: mental health challenges, hospitalizations, going in/out of mental facilities, & board and care homes
- Comfort with sharing your story or experience
- At least 18 years of age or more

How to Apply:

- If you are interested in volunteering, please contact Reach Out at **510-654-7813**
-or-
- Fill out an application online at **www.peerwellnesscollective.org**



Reach Out is a peer-led program