



Telephone Encounters/Peer Support

Learn how to promote health, enhance well-being and reduce stress.



The lotus flower's opening petals symbolize the potential for recovery and life to blossom.

The goal of the telephone encounters is for you to learn how to create a more peaceful and balanced life. Each encounter will last from 30-45 minutes.

Four types of telephone encounters are offered:

- Anger management
- Stress management
- Coping skills/Positive Thinking
- Personalized Recovery Plan (WRAP) Wellness Recovery Action Plan

What to expect:

- During each call you will learn and practice quick and easy methods to help you feel better.
- You will be able to apply what you learned at home.
- Positive Thinking: Practice using *positive self-talk* at least once a day.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. Assert your feelings and beliefs instead of becoming angry, defensive or passive.
- Learn to manage your time more effectively.
- Set limits appropriately and learn to say no to requests that would create excessive stress in your life.
- Make time for hobbies, interests and relaxation.

Clubhouse members/Manhattan Outpatient MH Clinic patients are eligible

Contact Anthony Stamatouras at 212-686-7500 x4924 if you have any questions.