



## 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.