

PEER SUPPORT GROUPS

Who We Are

Give an Hour[®] is a social impact organization dedicated to transforming mental health care through innovation, collaboration, and community-centered approaches. Our mission is to connect people to peers, clinical care, and education that honors their agency, humanity, and capacity to heal, ensuring that mental health support is found in community, not just systems.

Our Peer Support Groups create welcoming spaces where people with shared experiences can connect, listen, learn, and support one another. Groups are facilitated by trained peer facilitators and are built on respect, empathy, and confidentiality.



What is Peer Support?

Peer support brings together people who have lived through similar experiences to offer encouragement, understanding, and hope.

In our groups you can:

- Connect with people who understand
- Share as much or as little as you're comfortable sharing
- Learn practical coping strategies
- Build community and reduce isolation
- Give and receive support in a judgment-free environment

There is no pressure to speak. Many participants simply listen during their first few meetings.

[Peer Support Calendar](#)



[Click Here](#)



giveanhour.org/peersupport



peersupport@giveanhour.org



JOINING YOUR PEER SUPPORT GROUP



Step 1: Create Your Free Zoom Account

If you already have a Zoom account, skip to Step 2.

1. Visit [zoom.com](https://zoom.us)
2. Select Sign Up Free.
3. Enter your birth year.
4. Use the same email address where you receive Give an Hour Peer Support emails.
5. Enter the verification code sent to your email.
6. Create your password.
7. When prompted for a phone number, you may select Skip.
8. When offered Zoom Workplace Pro, select Take me to my basic account.

Joining by phone or tablet?

Download the Zoom app from the Apple App Store or Google Play Store, then sign in using your new Zoom account.

Step 2: Join Your Peer Support Group

- Open the 'join meeting' link from your Give an Hour email communication.
- Sign into your Zoom account.
- Before entering, you may change the name displayed to the group to use your first name and last initial.
- Click Join.

GOOD TO KNOW

- ✓ No additional registration is required once you're receiving Peer Support emails.
- ✓ You may keep your camera on or off.
- ✓ You're welcome to participate by speaking, chatting, or simply listening.
- ✓ Everything shared in the group is treated with respect and confidentiality.

NEED HELP?

If you're having trouble joining your group or accessing Zoom, contact the Give an Hour team before your meeting and we'll be happy to help.



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