

## Onward NH Webinar Series – 4/1/21

### Peer Support Agencies: Personal Paths Toward Wellness

#### Information on Peer Support

- **List of NH Peer Support Agencies**  
<https://www.dhhs.nh.gov/dcbcs/bbh/peer.htm>
- **Intentional Peer Support: A Personal Retrospective** by Shery Mead, which was Shery's keynote address at the Experts by Experience Conference 2011  
<https://www.youtube.com/watch?v=Uuy96bAlkz8>
- **Intentional Peer Support: A Personal Retrospective** by Shery Mead – PDF  
<http://www.intar.org/files/INTAR2011Toronto-SheryMeadIntentionalPeerSupportAPersonalRetrospective.pdf>
- **Intentional Peer Support (IPS) Website**  
<https://www.intentionalpeersupport.org/?v=7516fd43adaa>
- **Wellness Recovery Action Plan (WRAP) Website**  
<https://mentalhealthrecovery.com/wrap-is/>
- **Mary Ellen Copeland interview about WRAP – Video**  
<https://www.youtube.com/watch?v=LdZ4bmwY9G4>