



Supporting You: A Peer Support Network



What is Supporting You?

Supporting You helps people connect with a peer who has experienced a similar situation and/or circumstance in life. Our goal is for you to gain emotional support from a caring and compassionate peer, who shares a connection with you and is willing to tell their own personal story while they walk alongside you as you tell yours.

Supporting You is a peer-to-peer support network where you can:



Communicate and connect



Share ideas and resources



Gain support



Find that you are not alone

As a Support Peer, you can:

- Provide emotional support
- Build friendships
- Make a difference to someone else
- Learn from others

As a Connected Peer, you can:

- Receive emotional support
- Learn from someone who has “been there”
- Know you are not alone
- Learn about resources

For More Information:

➤ www.SupportingYouKansas.org ☎ 785-296-8625 ✉ kdhe.SupportingYou@ks.gov

Sign up today! www.SupportingYouKansas.org

Supporting You is a collaboration between the Special Health Services Family Advisory Council and the Kansas Department of Health and Environment.