

# Peer Support

Join the journey!

405.254.3994

[dbsaok.org](http://dbsaok.org)

September 19, 2022

## The benefits of attending peer support groups

The most important benefit of regularly attending peer support group meetings is that you learn you're not alone.

You'll meet and interact with others with similar situations, and you'll learn new coping skills from others that are leading productive lives, even though they deal with depression or other disorder.

Research shows that people who attend peer support meetings tend to eliminate the need to be re-admitted to a mental hospital. It's believed that your recovery is strengthened when you attend support groups.

Another benefit is it helps you socialize safely with others, and it gets you out of the house. Being with others like you can give you a refreshed sense of well-being, and can help build your self-esteem.

By regularly attending peer support group meetings you're less likely to view yourself through a lens of stigma, and more likely to view yourself empowered to live successfully.

DBSA of Oklahoma's mission is to provide hope, help, education, and support to improve the lives of people with mental health disorders.

## Oklahoma Peer Support

### Edmond - Virtual

Sarah 405.388.5695

Jeff 405.203.7898

### Lawton – Southwest

Lawton Public Library

110 SW 4th St.

Monday 6:30 PM

Laura 580.536.1251

John 580.483.4942

### Midwest City

St. Mark's Lutheran

7501 E. Reno

Tuesday 6:30 PM

Dawn 405.464.5252

Ayo 405.937.9727

### Norman

Norman Central Library

2nd Floor Roserock Room

Thursday 7:00 PM

Diane 405.503.1948

Jackie [jacklyn.pennington@hotmail.com](mailto:jacklyn.pennington@hotmail.com)

### Oklahoma City

State Office

3000 United Founders Blvd, Ste 117

Wednesday Noon

George 405.413.7778

### Crossings Church

14600 N. Portland, Rm 232

Monday 6:30 PM

Katy Jo 405.250.4136

Steve 405.445.8778

### Lottie House Drop In

Wednesday Noon

405.600.3074

### OCARTA Drop In

Virtual/ In Person

Tuesday 3:00 PM

Tyler 405.436.4083

### Stillwater

First Presbyterian Church

524 Duncan

Tuesday 6:30 PM

Karen 405.624.1518

Allison 405.714.3166

### Yukon

First Christian Church

601 Maple

Tuesday 7:00 PM

Renee 405.209.7477

Cheryl 405.882.6467

### Zoom Peer Support

Thursday 6:30 PM

[dbsaok.org/zoom/](http://dbsaok.org/zoom/)



There is never a charge to attend a peer support group meeting. All are welcome.