

# LIFE ASSISTANCE SERVICES



Peak Wellness Center provides supported housing and supported employment as well as safe, low-key social programs and recreational opportunities for clients who are recovering from substance abuse or managing severe mental health conditions.



## WHAT YOU CAN EXPECT

Peak's team will help you manage daily life effectively, providing you with a safety net, coaching and advocacy to ensure a successful transition to healthy independent living.

## AFFORDABLE FOR EVERYONE

Our funding agencies, community support and income-based fee scale make Peak's life assistance services available to anyone in need.

## GETTING STARTED IS EASY

Ask your Peak therapist about how life assistance services fit with your care plan.

We help you move on after therapy or treatment to bigger and better things!

## LIFE ASSISTANCE SERVICES

### Supported Housing

Peak's supported-housing options, primarily for clients with a limited income, include:

- Substance abuse recovery transition housing
- Mental health transitional therapeutic residences
- Housing for people with serious mental illness who are also recovering from addiction
- Supported living apartments
- Independent living apartments

We also help clients arrange their own supportive, long-term living situations.

### myStrength

This free online tool for our clients, helps people significantly improve symptoms of stress, anxiety and depression.

### Social and recreational opportunities

Through Peak locations throughout Albany, Goshen, Laramie and Platte Counties, we offer opportunities for Peak clients to make new friends, relax, find support and have fun together. Most activities are initiated and organized by clients who volunteer.

### Community resources

Active in Wyoming communities for more than 50 years, Peak has a strong, established network of community partners who offer services and programs that compliment our own, such as job skills training, mentoring, child care and recreational opportunities. Your care team at Peak can recommend community resources that match your goals and interests.



Suicide Prevention: If you or a friend needs immediate help, please call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

#### LARAMIE COUNTY

Cheyenne

307.634.9653

#### YOUTH & FAMILY

Cheyenne

307.632.9362

#### ADULT PSYCHIATRY

Cheyenne

307.637.3953

#### ALBANY COUNTY

Laramie

307.745.8915

#### GOSHEN COUNTY

Torrington

307.532.4091

#### PLATTE COUNTY

Wheatland

307.322.3190