



Peer Support Services

Centerstone Peer Support Services provide a safe and supportive environment where individuals with mental illness or addiction gain confidence, build social skills, develop new friendships and engage in learning and leisure activities with peers.

These activities may include:

- Community outings (movies, shopping, etc.)
- Holiday and special occasion celebrations
- Creativity (with Healing Arts Project, Inc.)
- Neighborhood service projects
- Health and wellness classes
- Learning to manage mental illness
- Developing and pursuing recovery goals

Eligibility

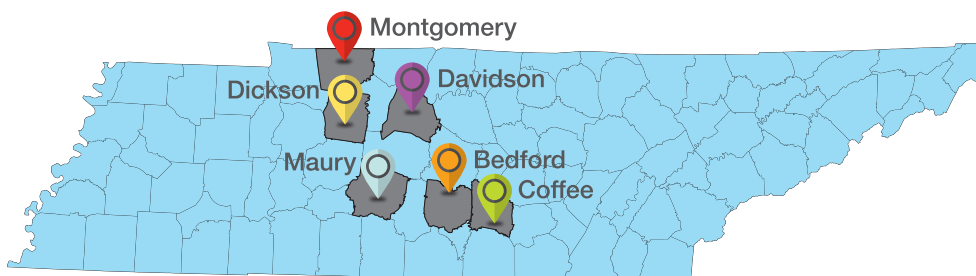
Services are available Monday through Friday and provided at no cost to adults through a grant from the Tennessee Department of Mental Health and Substance Abuse Services. No insurance is required, but participants must be current or past consumers of mental health and/or addiction services.

Locations

Participants can access these engaging and supportive services at Centerstone locations in the following Middle Tennessee counties:

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| Bedford 1110 Woodbury Street Shelbyville, TN 37160 (931) 685-9330 | Dickson 224 N. Main Street Dickson, TN 37055 (615) 441-6178 |
| Coffee 709 N. Davidson Street Tullahoma, TN 37388 (931) 461-1345 | Maury 6011-B Trotwood Avenue Columbia, TN 38401 (931) 560-3060 |
| Davidson 230 Venture Circle Nashville, TN 37228 (615) 460-4452 | Montgomery 611 Eighth Street Clarksville, TN 37040 (931) 920-7208 |

Transportation is provided at no cost for eligible participants—please contact the nearest location for more information.



Peer Support Services has helped me learn how to socialize and trust other people. Centerstone gives me a place to be with people just like me who understand what I go through.

—Terry C.

About Centerstone

Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people's lives. We are a nationally recognized leader, providing mental health and substance use treatment, related crisis care, education and support to people of all ages in communities in Florida, Illinois, Indiana, Kentucky and Tennessee. Nationally, we offer specialized care for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Our research institute improves behavioral health care through research, evaluation and technology, and our foundation secures philanthropic resources to support our work. For more information about Centerstone, please call (888) 291-4357 or visit centerstone.org.