

# Recovery Stories:

How the PIER has helped me!

“PIER has given me a new lease on life and a way to release my depression.” -Erin C.

“I came to the PIER because I was going through a lot in my life and I started to get depressed. I have met a lot of good people at the PIER and they help me.” -Lisa W.

★★★★★★★★★★  
“During my struggle with mental illness, I found the PIER. The PIER has helped me deal with my everyday issues.” -Tim C.

• • •  
Anytime I need someone to turn to or a place to run to the PIER is always there.” -Regina M.

“I am a better person now than I was. I thank the PIER for its wonderful support.”  
-Richard H.

★★★★★★★★★★  
“Being at the PIER has helped me be on an even keel. I get as much help with my depression as I give, in supporting our clients in their recovery. After my hospital stay I went into IOP at St. E. Edgewood. After IOP I felt the need to help others. Then I heard of the PIER, peer to peer support groups. PIER is my safe place; I look forward to going there every day. I feel like PIER has filled a hole in my life that I never knew how to fill.” -Louis W.