



# eMpowered for Wellness

Presented by Magellan Healthcare & the Depression  
and Bipolar Support Alliance

## The role of peer support in crisis intervention

*A message from Thomas Lane, NCPS, CRPS, senior director, community and recovery supports*

Being prepared to support someone experiencing a mental health crisis is crucial in the behavioral health field. When planning for crisis response and intervention, it's important to account for the various roles that need to exist on the crisis response team. One of those roles involves the expertise of a peer, or someone who has experienced a mental health challenge who is trained to help others in similar situations. **In this issue of eMpowered for Wellness, we highlight the role of peer support during and after a mental health crisis.**

As always, I encourage you to share this newsletter with others to spread the word about the importance of peer support in helping individuals thrive.

***"Life always waits for some crisis to occur before revealing itself at its most brilliant." – Paulo Coelho***



### Thought leader interview: WRAP Facilitator Susan Haggard

Peer support expert Susan Haggard, BS, CRSS, serves adults in psychiatric crisis through The Living Room program in Illinois. [Read more](#)



### No-cost, on-demand learning opportunities

Check out these new, on-demand webinars featuring topics on health prevention & promotion and partnering with people to build richer lives in the community. [Read more](#)



### Crisis resources

These resources provide information to help you or individuals you work with navigate through a crisis. [Read more](#)



### Digital tools and health & wellness communities

SparkPeople features a large nutrition and calorie database, a meal planner and more. [Read more](#)



### More issues online!

Visit our Resiliency & Recovery E-Learning Center for no-cost webinars, e-courses and other resources. [Visit us online.](#)



***"I follow three rules: Do the right thing, do the best you can, and always show people you care."***  
– Lou Holtz

---

*Previous issues of this newsletter are available on Magellan's [Resiliency and Recovery e-Learning Center](#), which offers a range of no-cost resources, including previously recorded webinars and on-demand e-courses about peer support specialists, and a health education and literacy library.*

Join Magellan's [eMpowered for Wellness e-mail distribution list](#)!

[MagellanHealthcare.com/Training/eLearning](https://MagellanHealthcare.com/Training/eLearning)

