

Friends are Good Medicine

FGM promotes the role of supportive relationships as a critical determinant of mental health, physical health and co-occurring issues of mental health with substance abuse, and the critical importance of a network of social support to health maintenance and will stimulate community activities that connect people and provide opportunities to enhance personal relationships in everyday life. The program provides Countywide clearinghouse for materials in Spanish and English:

- Directory to publicize support groups to make mutual-aid available to everyone
- Information and assistance source to groups in database
- Self-help in both the general and professional communities
- Leadership training, consultation, assistance to groups, and information sheets on topics of interest to self-helpers
- Linkages with community-based organizations to develop additional support groups
- Introduction of peer support in new areas

Program Contact Information

Tim White,
Behavioral Health Advocate

Friends are Good Medicine

1917 Memorial Drive
Ceres, CA 95307
Office: 209-525-6225
Cell: (209) 602-4311
twhite@stanbhrs.org