



PARENTS
ANONYMOUS

Asking for Help is a Sign of Strength®

UNITED MENTAL HEALTH PROMOTERS

ABOUT US

United Mental Health Promoters are community-based peer supporters who provide culturally and linguistically appropriate one-on-one support, working to link individuals to community resources and ongoing mental health services tailored to their specific needs, particularly within underserved populations.

PARTICIPATE IN VARIOUS PEER LED ACTIVITIES

1:1 Peer Support

- ★ Receive Emotional Support
- ★ Available via Zoom/In-Person
- ★ Outreach and Engagement
- ★ Linkage and Referrals

Educational Trainings

- ★ Healthy Coping Skills
- ★ Mental Health and Stigma
- ★ Emotional Wellbeing and Stress
- ★ Career Development

FREE Weekly Evidence-Based Parents Anonymous® Groups for Parents and Children & Youth

Sign up today to enroll in the program and work with a promoter on getting you the resources and support that you need.

CALL OR TEXT

Esther Perez-Wiley
Supervising United Mental Health
Promoter SPA 1
(909) 616-7662
esther@parentsanonymous.org

Alvan Robinson
Senior United Mental Health
Promoter SPA 1
(909) 616-7734
alvan@parentsanonymous.org



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.