

[Next Step — Wellness in the Woods | Mental Health Advocacy](https://mnwitw.org/next-step)

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## INTRODUCING NEXT STEP!



## One-on-One Peer Support by Phone

We're excited to introduce Next Step—a free peer support program offering one-on-one connection by phone.

Whether you're looking for someone to talk to, process challenges with, or simply feel heard, our trained peer specialists are here to walk alongside you—wherever you are on your journey.

**CONNECT TODAY!**

