



GPS Group Peer Support Partners with Six New Organizations to Provide Mental Health Relief for Healthcare Workers

MASStrong Partnerships Will Deliver Funding, Training, and Lifesaving Mental Health Support Through their Evidence-Based Approach to Group Therapeutic Care

FOR IMMEDIATE RELEASE

Boston, MA – September 12 – Today, [GPS Group Peer Support](#) announced that its statewide MASStrong program has partnered with six new organizations to improve the well-being of healthcare and community workers. The mental health crisis among providers continues to escalate, with recent policy shifts putting even more pressure on an overburdened system and the professionals that support it. Through these new partnerships, MASStrong will provide up to \$10,000 in funding and training that enables each organization to implement and launch a framework to support their providers with peer support.

The partnerships span physician’s assistants, nurses, recovery counselors, mental health experts, and more, including:

- The MA Association of PAs ([MAPA](#))
- New England Behavioral Health Services, Inc. ([NEBHSI](#))
- [CHOiCE Recovery Coaching](#)
- MA Peer Support for Nurses ([MAPSN](#))
- Center for Human Development ([CHD](#))
- [Riverside Community Care](#)

GPS Group Peer Support’s MASStrong program strengthens the wellbeing of Massachusetts-based medical and behavioral healthcare workers, non-clinical and support providers, and the communities they serve. The initiative delivers funding, peer support facilitator training, customized resources, and trauma-informed solutions that build resilience, reduce burnout, and promote healing for those who provide care and connection to others. Through strategic partnerships and funding opportunities, MASStrong trains and equips individuals to lead support groups, bringing these critical resources back to their workplaces and communities where they are needed most.

MASStrong is endorsed by both Governor Maura Healey and the MA state legislature as a gold standard program for health care providers across the Commonwealth. MASStrong is supported by the state through funding by the MA Behavioral Trust Fund and in partnership with the Betsy Lehman Center for Patient Safety.

“Healthcare workers are experiencing burnout, trauma, and mental health challenges at alarming rates, but solutions exist,” said Liz Friedman, CEO and Co-Founder of GPS Group Peer Support. “MASStrong has already proven that our peer support model is an impactful, scalable, cost-effective way to save careers, organizations, and lives. Our new partnerships will allow us to reach thousands of frontline providers across the state who need support right now.”

To request more information about MASStrong, attend upcoming training or a support group, bring GPS to your organization, access toolkits and resources, or be considered for funding support up to \$10,000, please fill out the [inquiry form](#).

About GPS Group Peer Support

GPS Group Peer Support is a strength-based, trauma-informed, and welcoming approach to group therapeutic care, offering consistent mental health support during times of stress, crisis, and change. This evidence- and trauma-informed model has been successfully implemented across a range of populations and settings, delivering impactful results. By incorporating mindfulness-based stress reduction, cognitive behavioral therapy, motivational interviewing, peer-to-peer support, and other evidence-based modalities, GPS effectively mitigates the long-term effects of stress and trauma. The model allows for rapid replication in an easy-to-learn format for both peer specialists, people with lived experience, volunteers, and lay leaders, as well as professionals. GPS trainings are interactive, ensuring participants gain a comprehensive understanding to begin using this proven, impactful approach in their communities. GPS’s innovative, scalable, and replicable approach aims to foster a supportive environment where individuals can find the resources and strength to move through difficult times with confidence and resilience. For more information about GPS Group Peer Support visit us at grouppeersupport.org.

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