



**Crystal Reines (Her/She)
Peer Mentor
In-person/Tele-Health**

**MENTAL HEALTH | MENTAL AND EMOTIONAL WELLBEING | FAMILY &
PERSONAL RELATIONSHIPS | BOUNDARY SETTING | GRIEF & LOSS |
DIVORCE & BREAKUP SUPPORT | ANXIETY & DEPRESSION | SELF-CARE
/ WELLNESS | FAMILY & PARENTING SUPPORT | ADD & ADHD | BLENDED
FAMILY/CO-PARENTING**

Crystal has an extensive personal and family background from which to draw to help mentor; whether it's mental health, drug, and alcohol, physical, mental, emotional, sexual abuse, or relationship issues, she is dedicated to helping and guiding you.

Crystal has a family history of drug and alcohol abuse as well as a personal struggle with addiction to narcotics, which she has overcome. Crystal has coped with her struggles through counseling and friends or family support. She is susceptible to cultural and gender-identifying differences. Crystal has family and friends she considers a family of the LGBTQ+ community and is an advocate for them.

Crystal struggles with anxiety as well as depression. She has been in counseling and is currently in her graduate program to become a mental health counselor to help others with their struggles. She has also struggled with problems in her marriage and family-related disputes. Her family has come to her to help settle these disputes. Her ability to listen and understand your situation without judgment makes her an excellent choice as a peer mentor. She has an unwavering commitment to helping others. Crystal is the kind of person who

enjoys giving back to others who are in need. Crystal likes to travel with her family and hang out with her friends when she has free time.