



**Andrea Miller (Her/She)  
Peer Mentor  
In-person/Tele-Health**

**SPECIAL INTERESTS:**

**Mental and Emotional Well Being | Anxiety and Depression | Self-Care | Family and Parenting Support | Disability Support | Co-Parenting | Autism | Youth and Adult Female Wellness | Alcohol and Substance Use Recovery | Trauma | Dealing with Loved Ones Addiction**

**Andrea is a 38-year-old female who has lived in Eau Claire for over 20 years. She is one of four children to a single mother who struggled to support them and is also a domestic abuse survivor.**

**Growing up, Andrea has dealt with many things, including poverty, domestic violence, alcohol abuse, and mental and emotional abuse throughout her childhood as well as part of adulthood. Alcohol was always a staple in her life as it was and is abused by many family members, including her father. Because of this, she has battled anxiety and depression and experimented with drugs and alcohol starting at a young age.**

**She also has personal experiences with family members with drug addiction and incarcerated loved ones. Having these experiences has caused her to deal with low self-esteem, anger, difficulty trusting others, abandonment issues, substance misuse, and trouble forming healthy relationships. Andrea feels as if she had to grow up at a young age, and if she had better support or someone to lean on, she could have coped with these issues a lot better. Therefore, she feels as though by helping others and being their shoulder, she could make a tremendous impact.**

**Andrea has overcome many of these obstacles through family/friend support, counseling, and the birth of her two amazing children. Coloring and drawing have been a considerable escape for Andrea, and they are ones she still uses today as they are very therapeutic. Having a son with autism and working with adults with Intellectual disabilities changed her tremendously, as it has taught her patience, how to overcome how to advocate for others, obstacles, and to name a few. She loves to spend her free time going to movies, journaling, helping others, and any activity with her children.**