

# YOUTH VOICE ON MENTAL HEALTH AND SUPPORTING PEERS



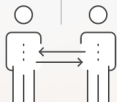
## HOW DO YOU SUPPORT YOUR PEERS AND YOURSELF?

"I always make the effort to reach out when peers need encouragement and hope. I'm an activist and I show up for my communities and that includes my friends."

"Offer reassurance -- it is OK to feel stressed or uncertain or overwhelmed. Everyone is going through this and you're not alone."

"Validate feelings -- advise peers to not put too much pressure on themselves -- it's OK to make mistakes, just keep going."

"We're living in a crisis. Taking breaks is important."



## WHY DO YOU LIKE BEING A PEER MENTOR?

"I've grown so much since becoming a mentor. The relationships I've built with my mentees are about reciprocity -- its mutually beneficial. Seeing my mentees brings light and joy to my days."

"I enjoy working with really smart people to destigmatize mental health conversations. The value is in making a difference and being an advocate."

"As someone with mental health experience, I know I'm using my story to provide support for my peers."



## WHAT CAN CARING ADULTS TO DO SUPPORT YOU?

Model leadership.

Show empathy.

Really connect with us -- there's a difference between hearing and listening!

Keep an open mind.

Don't talk at us, talk with us.

Don't avoid current events—bring them up.

Don't police our language. Seek to enhance all language and dialect.

Get to know us -- our names, our pronouns, etc.

**"We need an every-person environment where we feel safe and respected."**