



Young people vary widely in the amount and

formal and informal support can include several

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groups where youth can meet other young  
people with similar interests.

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new skill like driving or managing a budget.

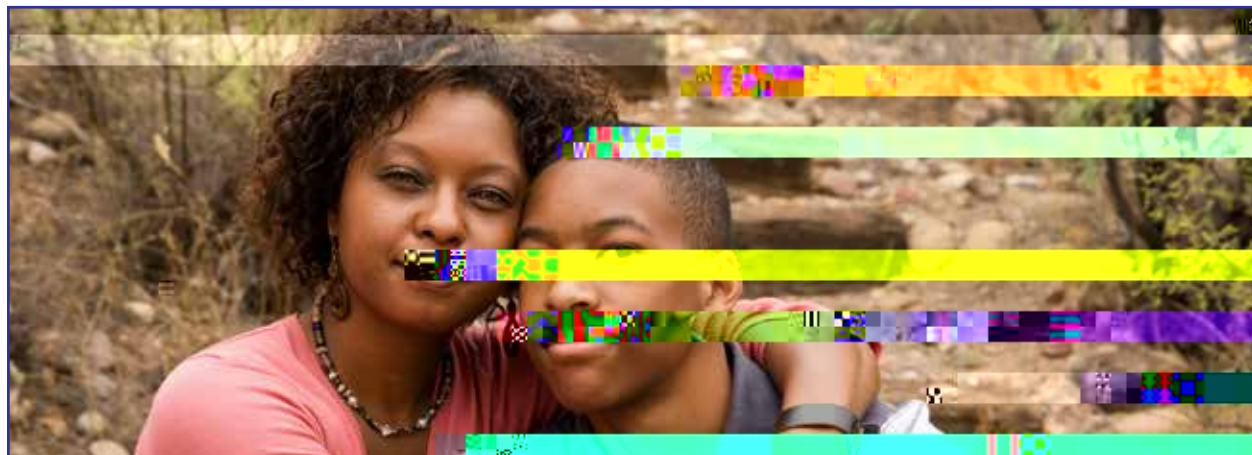
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## Supporting and strengthening family support

Service providers have important roles in strengthening the support families provide to

- Encouraging families to provide needed
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Encouraging families to provide needed support to youth. Encouraging families to provide needed support to youth. Encouraging families to provide needed support to youth.



## Connecting youth with community supports

You can seek clues about goals and areas of possible sources of community support

- art or music.
- employment with colleagues and supervisors who have some understanding of mental health issues.

as well as feeling needed and forming connections with community supports. Encouraging youth to seek out community supports like art or music, and employment with colleagues and supervisors who have some understanding of mental health issues.

- with others who have experienced mental health challenges and are seeking support.

“The Speak Up and Empower group helped me to come out of my shell, grow as a person, and give back to the community.”

– [young adult]

### Faith-based support

What do you know about the spirituality of young people you work with and/or their families?

- Prayer and spirituality may be coping strategies that can sustain some young people with mental health challenges through adversity and toward recovery.
- Service providers can facilitate access of faith leaders to culturally appropriate resources and support.
- It is important to know and follow youth and young adult preferences; LGBTQ+ youth may have different spiritual needs.

“My pastor from my church helps me understand the things I don’t understand. He helps put meaning in my life.”

– [young adult]

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mentor in their family or neighborhood or  
a formal mentor who volunteers through a  
community-based program or works as a paid  
professional mentor. You can help link youth

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- Encourage youth to select mutually  
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- Provide help in a non-judgmental way
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“My mentor is like my diary, I tell her  
everything. She listens and gives good  
advice. I can be relaxed.”

– [young adult]

## Peer Support

Many youth and young adults prefer peer support programs employ peer support specialists focused on recovery and resilience because of their shared experiences and encouragement.

You might be able to connect youth with peer support or mentoring programs in your area start one locally.

Promote recovery from mental illness

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“Peer support helps young adults walk through the barriers of everyday life.”

– [young adult peer support provider]

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## References

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## Resources

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<http://www.actveminds.org>

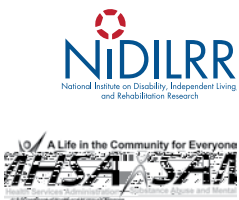
**National Alliance for Mental Illness (NAMI)** is dedicated to improving  
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<http://www.nami.org>

**Youth M.O.V.E National** ]• Ç}µšZro v ÿ}v o }œP v]ì ÿ}v Á]š  
 chapters devoted to improving services and systems that support  
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[www.pathwaysrtc.pdx.edu](http://www.pathwaysrtc.pdx.edu)



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