

Youth Peer Support Statewide Network

 Maine Behavioral Healthcare
MaineHealth

Peer support, by and for youth

ABOUT US

The Youth Peer Support Statewide Network (YPSSN) is a new resource for youth and young adults who have or are struggling with behavioral health challenges. This is not a clinical or treatment program. Instead, the youth peer support staff are 18-26 years old and have navigated similar experiences. Staff focus on fostering mutually supportive relationships with people. The focus is on each person living a meaningful life, however they define it.

WHAT WE OFFER

- 1:1 peer support
- Youth Groups
- Drop-in hours
- Educational Events
- Youth Advisory Board (paid)
- Online opportunities
- Community building

All YPSSN opportunities are free!

WHO?

- Youth and young adults ages 14-26, with behavioral health and/or substance use challenges

CONTACT US!

Email us at YPSSN@mainehealth.org
or call us at 207-396-7052

 **YPSSNMaine**