

Connect Nevada: Youth Peer Support

Youth Peer support is a free, voluntary, non-clinical, and confidential service. It is available to youth/young adults ages 12 – 20 who are enrolled in the Connect Nevada program. This service offers personalized peer support for those living with mental health challenges. It aims to foster hope and resilience through ongoing emotional support, encouragement, and advocacy.

Why Youth Peer Support?

- Research shows youth are more likely to seek help from a peer rather than a professional.
- Youth peer support connects youth with a Youth Peer Support Specialist who has lived experience and professional training and certification.
- Peer support is an evidence-based practice shown to increase hope and improve mental health, self-esteem, community engagement, and overall quality of life.

Who are Youth Peer Support Specialists?

Youth Peer Support Specialists are:

- Young adults ages 18-30 who have overcome their own mental health challenges.
- Familiar with child-serving systems, such as foster care, through lived experience.
- Trained and certified to use their experiences to support youth with similar challenges.

What do Youth Peer Support Specialists do?

Youth Peer Support Specialists help youth/young adults in the Connect Nevada program manage their mental health challenges by:

- Listening to their thoughts and feelings without judgement.
- Sharing their own experiences when helpful.
- Helping them set and work toward self-directed mental health recovery and resiliency goals.
- Empowering them to find their voice, make decisions, and self-advocate for their needs.
- Encouraging community connections and guiding them in navigating resources.
- Providing support in their home, community or through online platforms.

If you would like to learn more about Youth Peer Support or if you have any questions, please:

- Reach out to your Care Coordinator
- Visit MagellanofNevada.com
- Call us at 1-833-396-4310 (TTY 711)