



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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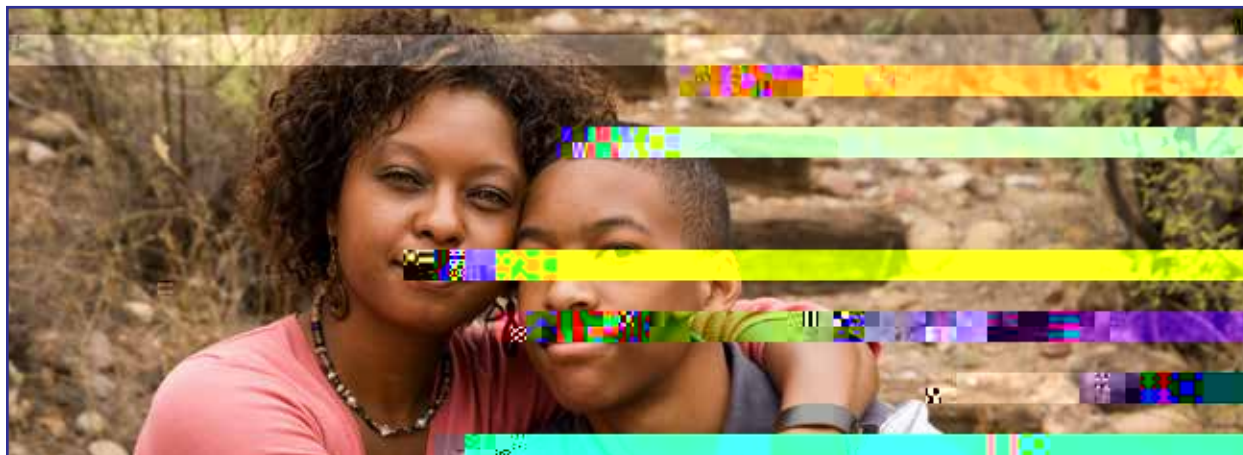
Supporting and strengthening family support

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

Encouraging families to provide needed

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Connecting youth with community supports

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

art or music.

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

- as well as feeling needed and forming

- with others who have experienced mental health challenges and/or substance use disorders. It is important to know and follow youth and young adult preferences; LGBTQ and young adult preferences; LGBTQ and young adult preferences; LGBTQ and young adult preferences.

“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.

- Diverse faith traditions and practices can provide a sense of community and support.

“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

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

– [young adult peer support provider]

References

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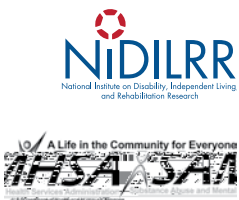
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www.pathwaysrtc.pdx.edu



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