Helping a Friend: The Power of Asking and Listening

Peer Support · https://bridges4mentalhealth.org/hub/peer-support/helping-a-friend-the-power-of-asking-and-listening/

Summary: Peer support can serve an important role in addressing mental health challenges. In this video, Cass shares talks about a time when they noticed a peer was struggling and how they helped connect them with support. This video highlights federal resources on where to find out more about youth mental health and where to get help.

Application: Child welfare and mental health professionals can review this with youth they work with to start a conversation about peer support.

Source: Administration for Children and Families

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