

OUR MISSION

We aim to positively impact transition-age youth (ages 16-25) by improving access to mental health supports and opportunities in the community. We strengthen and empower youth by supporting young adult voice and leadership across all levels of the mental health system.



HEALTHY TRANSITIONS

MENTAL HEALTH SUPPORTS FOR TRANSITION-AGE YOUTH

WE'RE HERE FOR YOU!

CONTACT

HEALTHY TRANSITIONS

Reach out to our team at:
healthytransitions@directionservice.org

WE'RE HERE FOR YOU!

 **Direction
Service**



WHAT WE OFFER

Connection with a Peer Support Specialist

Mental Health Counseling

Peer Support Groups

Connection to Resources

Youth Empowerment and Leadership Opportunities

Guidance with the Transition Into Adulthood

Goal Planning

Mental Health Outreach and Education



WHAT IS PEER SUPPORT?

Peer Support is when a person seeking mental health recovery builds a connection with a Peer Support Specialist who has had personal lived experience, like being diagnosed with a mental health condition themselves and navigating service systems. This connection is different from other professional relationships because it is built on shared understanding, acceptance, equity, and mutual trust. Peer Support is strengths-based and individualized for each youth.

1 in 5 young adults experience a mental health condition



Only 1/3 receive treatment*

We work to make mental health supports more accessible and engaging for young people by:

- Providing services that are **FREE** and low-barrier
- Connecting young people with another young person who has lived experience and "gets it"
- Meeting youth "where they are" without judgement
- Ensuring that the program is youth-driven by empowering youth voice

SUPPORTING YOUTH VOICE

Our Youth Action Council provides a space for young people to inform our program and influence policies across the state.

* Data gathered from: <https://www.samhsa.gov/data/>