



Youth Peer Support Statewide Network
a peer community reimagining youth and young adult mental
health services in Maine

Exploring Unique Experiences

A youth peer support group open
to folks 18-26

When: Fridays 1-2pm

Where: bit.ly/FridayEUE

About this group: This is an opportunity to give and receive support from others. This group welcomes sharing about experiences that are sometimes hard to talk about, such as confusing or extreme thoughts/beliefs, thoughts of suicide, hearing voices, or seeing visions. In this group we invite perspectives that might be different from the traditional model found in many treatment programs. Two peer support partners will facilitate the group, both of whom identify with having personally struggled with some of these experiences.

**For more information or to join, reach out to
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or text/call 207.730.9498 or 207.233.7334**