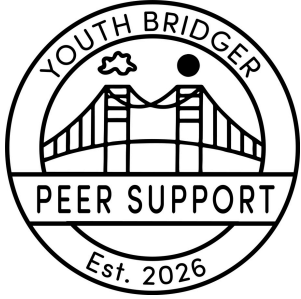


YOUTH PEER BRIDGER PROGRAM

Supporting youth on their path to **recovery and wellness!**



YOUTH PEER BRIDGER MISSION

Our mission is to empower youth to navigate life transitions with confidence by providing strength-based peer support grounded in lived experience, hope, and self-determination.



CALL: (888) 996 - 9667
TEXT "INSPIRE" TO 51555

WHAT IS PEER SUPPORT?

Peer Support is a widely recognized evidence-based approach for supporting mental health, addiction, and trauma recovery.

Research shows that people who participate in peer support experience an improved quality of life, feel more empowered, greater sense of community, and increased wellbeing.

IS THIS YOU OR SOMEONE YOU KNOW?

- Feeling stuck and looking for a change?
- Seeking connection and a supportive community?
- Caught up with people, places, and things that no longer fit and not sure how to make a change?
- Justice involved?
- Lacking motivation?
- Vaping, using cannabis, other substances?
- Desire to move forward?

WHO CAN MAKE A REFERRAL

Schools
Community

Self-referral
Parents

Friends
Everyone

MORE INFORMATION

This program is operated by Advocacy Unlimited, Inc. For more than 30 years, AU has provided holistic, peer-led recovery resources. The Youth Peer Bridger Program is made available through funding provided by CT Department of Children & Families.



(888) 996 - 9667

youthbridger@advocacyunlimited.org

advocacyunlimited.org/youth-peer-support/

WHAT IS A YOUTH PEER BRIDGER?

A Youth Peer Bridger is a person who receives specialized training in peer support to provide guidance to young people with substance use concerns, and who may experience mental health and/or physical health challenges.

YOUTH PEER BRIDGERS OFFER:



SUPPORT THROUGH LIFE CHALLENGES



SET & ACCOMPLISH GOALS



WORK THROUGH STRESS AND EMOTIONS



CONNECT WITH COMMUNITY RESOURCES

KEY POINTS

- For young people ages 14-17
- No cost to participate
- 1:1 peer support
- In person, mobile & phone-based support available
- No diagnosis or previous treatment required
- Available statewide

REACH OUT to connect today with a Youth Peer Bridger and let's move forward together.