

YOUTH PEER BRIDGER PROGRAM

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



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 A PERSON 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	Self-referral	Friends
Community	Parents	Everyone

ADDITIONAL INFORMATION

The program is operated by Advocacy Unlimited, Inc. and is funded by the CT Department of Children & Families. Services are available statewide through a collaboration between AU and CT Community for Addiction Recovery. Find your local service provider by texting, calling, or scanning the QR code for more information.



(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 12-17
- 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*.