

Mental health & addiction support for teens and young adults from certified peer supporters



What is Peers.net?

- 1:1 secure & confidential telehealth peer support for teens & young adults aged 12-30
- Open daily 9AM-midnight PST
- Offers clients a choice of peer supporter, match by lived experience and/or identity
- Audio, video and chat sessions available in <24 hours. Co-created with youth, for youth

Who are your peer supporters?

- Young adults aged 18-35 with first-hand experience of mental health challenges and/or addiction, now in recovery
- Diverse backgrounds and lived experiences (**63% LGBTQ + 52% BIPOC**), including anxiety, depression, bipolar, eating disorders, SUD, foster system, sexual assault survivors & more
- Professionally trained as Peer Support Specialists; supervised by expert peers & licensed clinicians

Why professional peer support?

Peer support is an evidence-based, trauma aware and culturally responsive form of support rooted in youth agency and shared experiences.



When & how to refer to Peers.net

Criteria:

- Ages 12-30
- MH or SUD
- All levels of acuity, including suicidal ideation
- Fully web-based (no app required)

Use cases: clients who...

- Are unengaged with services or currently on a waitlist
- Are in care transition, e.g. step down from residential, IOP
- Need weekend / evening or remote support
- Get peer support as part of a wider care team, e.g. wraparound

3 easy ways to refer clients:

 **Online form:** peers.net/referrals

 **Email:** referrals@peers.net

 **Phone:** 415-725-5422

We also offer consultations with a peer supporter for clients who are unsure. Please contact us to schedule.

Do you take insurance?

We accept some insurance plans as well as self-pay. We offer financial assistance via this form (response within 48 hours): share.peers.net/financialassistance



"Peers.net lets me connect with another person who understands the experiences I'm having."

"There are lots of great peer supporters to choose from. I felt heard and understood."