



WHAT IS YOUTH PEER SUPPORT?

Youth Peer Support helps young people overcome feelings of loneliness, shame, stigma, and low self-esteem through encouragement, positive role modeling, and support.

Youth Peer Support is a peer-to-peer service that connects youth with a Youth Peer Specialist who has faced similar challenges. By sharing their own experiences, Youth Peer Specialists help build hope, confidence, and resilience. They help explore new possibilities, develop coping skills, and work toward personal goals.

All Youth Peer Support Specialists are trained and certified by the Michigan Department of Health and Human Services (MDHHS).

“When you share your mental health story, you light the path for others to heal.” - NAMI



Pivotal is proud to be St. Joseph County's premier Certified Community Behavioral Health Clinic (CCBHC). As a CCBHC, we provide an excellent system of care by focusing on wellness, hope, and recovery.

Ready to Get Started?

Main Office

677 E. Main Street
Centreville, MI 49032

Three Rivers Office

1020 Millard Street
Three Rivers, MI 49093

Sturgis Office

1555 E. Chicago Rd., Suite A
Sturgis, MI 49091



PivotalStJoe.org

Direct Phone: 269-467-1000

Customer Service: 1-855-203-1730

Crisis Line 24/7: 1-800-622-3967

Fax: 269-467-3075

TTY: Michigan Relay Service at 7-1-1

Life-threatening Emergency: 911

Suicide and Crisis Lifeline 24/7: 988

ATENCIÓN: Si habla español, hay servicios gratuitos de asistencia con el idioma para usted. Llame al 1-855-203-1730 (TTY: 7-1-1)



We are accredited by Commission of Accreditation of Rehabilitation Facilities.



WE SEE YOU. WE HEAR YOU. WE'RE WITH YOU.

YOUTH PEER SUPPORT SERVICES



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WAYS A YOUTH PEER CAN SHOW UP FOR YOU

- Build positive relationships with youth, their families, and others involved in their care.
- Help youth take an active role in their meetings and treatment planning.
- Teach self-advocacy, problem-solving and independent living skills
- Encourage acceptance and help reduce stigma around mental health.
- Work with youth and community partners to build support systems, remove barriers, and connect youth to helpful services.
- Serve as a role model and support youth as they work toward their treatment goals.

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”

- Fred Rogers

Scan this code to read the Youth Peer Support Services Explanation from michigan.gov



HOW DOES THE YOUTH PEER SERVICE WORK?

You will work one-on-one with a Youth Peer who has faced similar challenges and understands what you may be going through. They use their lived experience to help you recognize your strengths, overcome challenges, and take charge of your future. Some of the areas we can help with include:

- Coping and self-care skills
- Healthy relationships
- Support at home and school
- Supporting you in advancing your education
- Understanding and using youth services
- Self-Advocacy
- Relapse Prevention

A Youth Peer Specialist Is Not Here To...

- Be a superhero
- Be your therapist
- Tell you what to do
- Speak for you
- Have all the answers
- Drive you places
- Babysit you
- Replace your friends
- Discipline or police you

GETTING STARTED

Current Clients: Talk with your clinician about adding Peer Support to your Individualized Plan of Service (IPOS).

Community Members: If you would like Peer Support services, call our Access Team to schedule an intake appointment at 269-467-1000.

YouthLine (Peer Support Warmline) 1-877-968-8491

Youth can call the YouthLine (theyouthline.org) between 1pm and 7pm, seven days a week, to talk with a trained peer. This warmline is run by volunteers at YouthLine.

The YouthLine provides support and someone to talk to when you're having a difficult day, helping prevent problems from becoming a crisis.

