

Mental Health Peer Support

Support services provided by mental health consumers for their peers. Includes support groups, drop-in centers and other types of mutual support.

Videos

S.T.A.Y. Tuned: Supporting Transition-Age Youth Podcast

S.T.A.Y. Tuned: Supporting Transition-Age Youth Podcast is a podcast for young adults, made by young adults, with mental health conditions. It's designed with the purpose of sharing useful information our research team has gained through studies of transition-age youth/young adults navigating school or work.

Source

[UMass Chan Medical School: Transitions to Adulthood Center for Research \(Transi...](#)

Article

Commit to Connect: Combatting Social Isolation and Loneliness in All Communities

Connecting with other people is essential to our health and well-being.

Source

[Administration for Community Living](#)

Links

Commit to Connect: Combatting Social Isolation and Loneliness in All Communities

Source

[Commit to Connect: Combatting Social Isolation and Loneliness in All Communities](#)

Article

How Do I Know if I Am Experiencing Depression?

Depression is a serious medical illness. This article may help you determine if you are experiencing depression, and provide some suggestions for next steps.

Source

[Centers for Disease Control \(CDC\)](#)

Links

National Mental Health Consumers' Self Help Clearinghouse

Source

[National Mental Health Consumers' Self Help Clearinghouse](#)

Links

National Institute of Mental Health

Source

[National Institute of Mental Health](#)

Links

National Alliance on Mental Illness (NAMI) | Virginia

Source

[National Alliance on Mental Illness \(NAMI\) | Virginia](#)

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