

# 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. We bring on guests, including our research collaborators from across the globe, and discuss the challenges and opportunities for youth with serious mental health struggles, particularly as they navigate educational and workforce experiences.

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Source

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