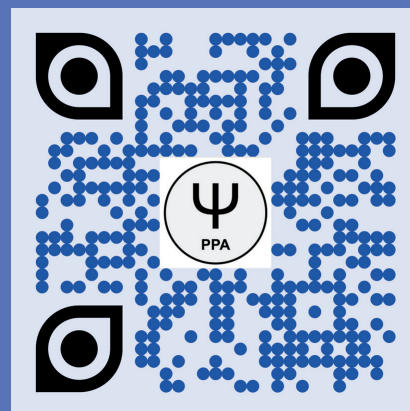


- **Explore** - different mental health professions as careers.
- **Learn** - about mental health disorders, relationship problems, and treatments.
- **Practice** - active listening, crisis intervention, behavioral interventions, and basic counseling skills.
- **Educate** - those in need about resources and referrals, so they can get help.
- **Inspire** - Help teens break the negative stigma around counseling and mental health treatment. Empower teens to break the barriers and get the help they need through education, leadership and connection.



PIEDMONT
PEERS
ALLIANCE
(PPA)

Aspiring Future
Mental Health
Professionals





Ψ



Benefits of peer support leader programs in schools

76% of parents agree:
Peer support leaders would have a better understanding of the challenges facing teens, compared to teachers or counselors

72% of parents agree:
Having peer support leaders would encourage more teens to talk with someone about their mental health concerns

Source: C.S. Mott Children's Hospital National Pediatric Psychology Institute, 2004



We hope you can join us!

When: Fridays at Lunch
Where: Room 32

To join - contact:

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