

# Peer Support For Teens From Mentors **Who Get It**

NCDHHS has partnered with Somethings to provide mental health support to **any teen in North Carolina, regardless of their insurance coverage.**

## About

Somethings connects teens with 20-28 year old Certified Peer Specialist Mentors who provide the relatable guidance that they need through challenging times.

*\*Somethings Mentors are supervised by Licensed Mental Health Clinicians.*

## Our Mentors have experience with

Stress	Anger management	Depression
Future Planning	ADHD	Academics
Anxiety	Self-harm	Goal Setting
Suicidal ideation	Eating disorders	More...



## How it works

### Find a Mentor who's been there

Complete our onboarding process to get matched with a Certified Peer Specialist Mentor who shares similar interests and has overcome what you are going through.

### Text or video call your Mentor

You can talk or text your Mentor through the HIPAA compliant Somethings app when you want.

### Talk to your Mentor after school or on weekends

Talk to your Mentor after school and on the weekends and set sessions whenever works for you.

to learn more, visit

**[www.somethings.com](http://www.somethings.com)**

or scan here →

