



CREATING A FREE YOUR FEELS PEER-TO-PEER PROGRAM

1

Identify Adult Sponsor

- Determine who the adult sponsor(s) will be; this will likely be the adult mental health ambassador already trained in mental health or suicide prevention.
- Commit to one school year with a FYF P2P Program.
- Identify and secure space for meetings and determine meeting dates and times, this will likely be the safe zone already identified in your community.

2

Identify Youth Leaders

- Youth leadership is instrumental in getting a peer-to-peer program off the ground; your youth mental health ambassadors will most likely fill this role.
- Interested students participating in the program must set and understand the boundaries of their role.
- The students serve as not only resources for their peers but can also assist in designing FYF school awareness activities around trauma, mental health, and suicide prevention.

3

Implement Mental Health Supports

- Train youth leaders in Youth Mental Health First Aid
- Train sponsors/student leaders on empathy, active listening, and basic social and emotional skills
- Invite local mental health agencies to speak to the students. (Do a lot of role-playing.)
- Establish a referral system for students, teachers, counselors, or walk-ins.

4

Begin Consistently Meeting

- Market your group's meeting date, time, location, and purpose.
- Meet regularly. Don't be discouraged if it takes a few weeks to get the group off the ground.

Remember: A P2P program is strengthened by deep support inside the community.

