

NC MHCO

WHERE DO
YOU SEE
YOURSELF IN
THE FUTURE?

Project Reach



Young Adult Support

A BIT ABOUT PROJECT REACH

Young adults, often called “Transitional Youth,” often feel isolated and unable to connect with groups that seem dominated by people of other generations. Project Reach can help. By helping to provide peer support directed by the young adults we serve. Our groups are structured for adults ages 18-26. Each group receives 10 weeks of educational workshops and activities and allows you to develop connections to other young adults who can relate to the life issues you face. This support can provide a pivotal piece of support for anyone learning to cope with a mental illness whether it is a depression, anxiety, obsessive or other disorder, or a combination of more than one. Your peers understand your situation.



**Support, Encouragement,
Acceptance and Education**

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NEEDING A PLACE TO CONNECT WITH YOUR PEERS IN THE MENTAL HEALTH COMMUNITY??

When it comes to peer support, young adults often feel left out when looking for a community of other young adults struggling with similar mental health issues. If you're looking for support, encouragement and a place to learn more about your own mental wellness, where you can connect with your peers Project Reach is the place for you! Peer support groups that can expose you to others' experiences, teach you ways to help manage your own wellness and advocate for yourself and others who

TOP 10 WHY YOU SHOULD JOIN US

1. Are you ready for a safe environment to

explore your mental wellness?



2. Do you need support in your wellness process?



3. Are you ready for fun activities?

Together we can move toward a brighter tomorrow

4. Do you need to be understood?

5. Are you looking for an accepting community?

6. Are you looking for direction?

7. Are you tired of being isolated?

8. Are you ready for new opportunities?

9. Are you ready to succeed?

10. Are you ready to get motivated?

We host a drug-free, non-violent space

You can be part of a group that is non-judgmental

Find friends, family, peers



Encouragement
paired with life skills
and support

**You are not
alone.**

Moving in the right direction to achieve
your goals

Find a recovery role model

A positive place to be, learn, grow

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P.O. Box 27042

Raleigh, NC 27611

Office: 919-832-2285

Toll Free: 1-800-326-3842

Fax: 919-828-6999



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