



YOUTH & YOUNG ADULT VOLUNTEER OPTIONS

Are you a youth or young adult from Connecticut who is passionate about mental health and looking to build community and connectedness among your peers? Consider volunteering for our [CT Support Group](#) project!

About the Project:

The CT Support Group is an online project developed by young people in Connecticut to provide connection, peer-led support, and community for their peers. Our platform is an inclusive, trauma-informed space that prioritizes consent, choice, and mutual respect for young people to share their experiences, access resources, and build a supportive community. The project is housed at Positive Directions-The Center for Counseling and Prevention, a nonprofit based in Westport, CT, and funded by the CT Department of Mental Health and Addiction Services (DMHAS).

The Volunteer Role:

The CT Support Group is looking for volunteers ages 15-29 from (or connected to) Connecticut to contribute content and help us grow our community. As a volunteer, you will help shape how we connect with young people across Connecticut through personal storytelling, social media, outreach, resource research, and engagement across all of our platforms (website, Discord, social media).

Ways you can volunteer: Any or all of the following!

- **Content Creation:** Write blog posts, create videos, share your poetry, photography, music, creative writing, or join us for a podcast episode. Content should tie into our goals of connection, peer support, and community.
- **Community Engagement:** Join our Discord server and help us plan and host monthly events like game nights, playlist co-creation hangouts, trivia competitions, coffee & chats, and more. Welcome new members to the server, share the server with other young folks, and encourage them to join for access to community, resources, and peer support.
- **Resource Map Updates:** Check our current [resource map listings](#) and ensure they're up to date. Find and post additional resources for young people in CT.
- **Community Events:** Find community events for young people in CT and help share them with our community across all platforms.



You can volunteer on a short-term basis (such as a summer or school semester) or repeatedly (such as writing a monthly blog). Reach out to our Project Manager, Quinn Jannetty (they/them), about your interests and availability—we can't wait to get started working with you!

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Positive Directions—The Center for Prevention & Counseling is a community nonprofit located in Westport, CT, serving as innovative community leaders in mental health, substance prevention, and peer support. As an Equal Opportunity Employer, we actively seek and value diversity in our hires.