

Congratulations & Welcome!

You are officially a **Youth Mental Health Corps (YMHC) member**. That means something — you've joined a national community of young people serving communities across the country, helping expand access to mental health support for youth. Wear the title. You earned it, and you belong here.

This letter serves as your introduction to the YMHC initiative and the resources available to you throughout the 2026–27 program year, so you'll always know where to turn for support, opportunities, and information.

Hi, I'm **Inesha Williams, Director of Member Success**, and I'm excited to welcome you to the Youth Mental Health Corps!

Throughout your service year, I'm here to support you, answer questions, and help you navigate any challenges that come your way. **I'm always here to help!**

Email me anytime at iwilliams@youthmentalhealthcorps.org

Your Support Network This Year

YMHC has partnered with two organizations to support your well-being, growth, and career — both are available to you as a YMHC member.

PEER HEALTH EXCHANGE (PHE)

Build your mental health network. PHE offers:

- **Virtual networking gatherings** to connect with YMHC members nationwide and share your experience.
- **Learning Management System** with asynchronous trainings on mental health, leadership, and professional skill building. Complete these trainings at your own pace and earn a badge to include on your LinkedIn profile.
- **Member Opportunities:** The Leadership and Digital Fellows programs launch Fall 2026 — selected members will earn a \$5,000 stipend.

INSIDETRACK

Plan your future with 1:1 coaching. InsideTrack offers:

- **Personalized career coaching** with your own InsideTrack success coach, by phone, email, or Zoom.
- **Career assessments & goal setting** plus soft-skills development in communication, teamwork, and leadership.
- **Crisis support services** — referrals and help with safety, food, housing, and financial needs, arranged through your coach.

YMHC OFFICE HOURS

Friday, October 2, 2026 — 1:00 PM ET · 12:00 PM CT · 11:00 AM MT · 10:00 AM PT. Recurring every other Friday through December 11, 2026.

[Join the Zoom session →](#)