

Peer Health Exchange & Youth Mental Health Corps Program Overview

Peer Health Exchange

Peer Health Exchange (PHE) is a national nonprofit organization dedicated to building healthier communities alongside young people. Through near-peer education, training, and our digital health resource app, Selfsea, PHE partners with communities to provide young people with accurate, relevant, and relatable information and resources on mental health, sexual health, and overall well-being.

YMHC Leadership Fellows Program

The YMHC Leadership Fellows Program is a selective opportunity for YMHC members interested in taking on expanded roles within the program year. Leadership Fellows collaborate with other members, work with national staff, participate in professional development opportunities, and help shape the YMHC member experience. Through this experience, Fellows strengthen their leadership skills, expand their professional networks, and explore mental health careers.

Fellows will:

- Receive a stipend
- Collaborate on national projects
- Participate in professional development opportunities
- Provide feedback and help shape the YMHC member experience
- Build leadership skills which can be applied to mental health careers
- Nomination by a program or host-site supervisor → State Service Commission review → Two finalists selected per state.

Monthly Member Gatherings

YMHC members serve in schools, community organizations, and clinics to promote youth mental health through engagement, resource navigation, and advocacy. Through Peer Health Exchange, YMHC members have opportunities to build a supportive community that promotes member well-being through connection, learning, and leadership development.

Monthly Member Gatherings include:

- **Virtual Networking:** Connect with YMHC members nationwide, share experiences, and celebrate successes.
- **Shape Your Experience:** Provide feedback to help inform future training, programming, and resources.
- **Flexible Learning:** Access the Learning Management System (Moodle) and resources 24/7.
- **Monthly Trainings:** Learn from subject-matter experts on topics including mental health, advocacy, and more!