



Monadnock Youth Connect Pilot Program

Empowering youth to rise through connection and support

Introduction

Monadnock Peer Support (MPS) is a peer-run mental health nonprofit based in Keene, New Hampshire, that is serving adults by providing mental health support for individuals seeking wellness through a mutually supportive peer community. For 30 years, we have created safe, stigma-free spaces for individuals navigating mental health challenges to connect, grow, and thrive together. We are now ready to bring that same powerful, peer-led model to the next generation.

The Need

Youth across the Monadnock region are facing unprecedented mental health challenges. Anxiety, depression, isolation, and suicide rates among middle and high school students continue to climb. Young people are calling out for connection, understanding, and support, especially from peers who get it. At MPS, we believe peer support shouldn't begin at 18. The earlier we can introduce young people to mutual support, emotional literacy, and recovery-informed practices, the greater their chances of thriving through adolescence and beyond. However, our current contract with the State of New Hampshire restricts our services to adults over the age of 18. In order for us to serve youth, we must raise private funds to launch and sustain this program ourselves.

Our Vision

We aim to launch a pilot Youth Peer Support Program to serve middle and high school students in the Monadnock Region. Our goal is to create safe, welcoming spaces for youth to connect with trained young adult peer facilitators who have lived experience of mental health challenge. To make this vision a reality, we are seeking funding for staffing, securing a safe, youth-friendly space, training, outreach and marketing and program evaluation.

Why It Matters

Peer support works. We've seen it transform lives every day at Monadnock Peer Support. By extending that model to youth, we are giving young people the tools to navigate their mental health, support one another, and break the stigma, before adulthood. But we can't do it alone. We need partners who believe in prevention, community healing, and the power of peer connection. Together, we can build a new pathway to youth mental wellness, one rooted in mutual support, trust, and hope.