

What makes peer support effective? Help us figure that out! (and make money at the same time)

What is the project? Researchers at [Portland State University](#) are working on a project with young adults who have provided or received peer support. The general goal is to explore what makes peer support effective.

Right now, we want to talk to young adults who have *received* peer support to help with their mental health. We are interested in questions like:

- What did your peer support specialist do that made you think they were helping you or not helping you?
- What did your peer support specialist do that was different from other service providers like therapists or counselors?
- How has peer support impacted your life? Or, if it hasn't, why do you think there was not an impact?

What are the qualifications? Right now, we are looking for young adults that:

- Are age 30 or less, and
- Currently or formerly received at least five sessions of one-on-one peer support to help with mental health and/or related issues

What would I be doing? Right now, we are looking for young adults to participate in up to three small group discussions via Zoom. Each discussion runs one hour and will be scheduled at a convenient time.

Later on, we may have more similar opportunities lasting for at least a year.

Will I get paid? For every hour that you work on the project, you will receive a \$25 electronic gift card to a vendor of your choice. There are hundreds of vendors to choose from ([see the list of vendors](#)).

If you are interested, contact Alex at alex.freedman@pdx.edu or by text at **971-808-0438**.