



YOUNG ADULT SUPPORT TEAMS FOR THOSE AT HIGH RISK FOR SUICIDE

How YST Works:


Young adults (age 18-30) can nominate 1-3 people (Caring Supports) from your family, school, work, or community who you would like to become more informed in supporting you and your mental health.

This is a program for them to learn to better support you.

Caring Supports attend a psychological education session where licensed therapists from the U of M Psychological Clinic provide training tailored to your concerns. This includes information about psychiatric disorders, treatment plans, strategies for communicating and supporting positive behaviors, and identifying warning signs for suicidal or other risky behaviors and resources to help you.



For more information or to sign up please contact Rachyl Lyons at:

 734-764-3471

 rachyl@umich.edu

YST is designed to build stronger connections, emotional support, and opportunities to help with problem solving.

Your Caring Supports will have access to weekly phone calls with U of M therapists to help problem solve any concerns as they arise.