

Johns Hopkins MySupport: Here 4 U: Support for Young Adults and Their Loved Ones

JOIN US! HERE 4 U ONLINE PEER SUPPORT GROUPS KICK OFF ON FEBRUARY 8TH

COVID-19 continues to test young adults in ways we could never have imagined. It's a lot to deal with, and sometimes it can feel overwhelming. We want them to know they're not alone.

As with other holidays and special occasions that have taken place during the pandemic, young adults may not be able to spend Valentine's Day with the ones they love due to social distancing.

To help them navigate through this challenging time, we're inviting young adults and their loved ones aged 18–24 to [join a free Here 4 U online peer support group session](#) between February 8–12, 2021.

Here 4 U peer support group sessions will give young adults a safe space to talk about how they're doing emotionally while being apart from friends and family. They'll also hear how others are coping with COVID-19 and everything else.

Because Black and African American young adults are experiencing an even greater set of challenges, given the systemic racism and injustice that continues to threaten our country, we're offering some of these conversations exclusively for them.

We're also providing sessions specifically for young adults from the LGBTQ+ community due to the stigma and discrimination they continue to encounter.

During these one-hour online discussions, young adults will have the chance to:

- Connect with their peers to share how they're dealing emotionally amid COVID-19
- Talk about social isolation and the virtual environment
- Build coping skills and resilience

Young adults aged 18-24 can register by choosing one of the dates and times listed on the [Here 4 U site](#). The sessions dedicated specifically for young adults from the African- American/Black or LGBTQ community are noted.

Spots are available on a first come, first served basis. Please register as soon as possible if you're interested.

We want young adults to bring their thoughts, feelings and questions. And remember: you and all your household members can call us 24/7 for in-the-moment support and resources at 443-997-7000, Option #2 or schedule an appointment online by clicking [here](#).