NC InCK
NC INTEGRATED CARE FOR KIDS

Monthly Resource Roundup:
Somethings – Certified Peer Specialist Mentors for Teens
May 2025

NCDHHS has partnered with Somethings to provide tele-behavioral health support to any teen (13+) in North Carolina, regardless of their insurance coverage. Somethings connects teens with 20–28-year-old Certified Peer Specialist Mentors who provide the relatable guidance that they need through challenging times. Mentors are supervised by Licensed Mental Health Clinicians and have experience with the following:

- Stress
- Anger Management
- Depression
- Future Planning
- ADHD
- Academics
- Anxiety
- Self-Harm
- Goal Setting
- Suicidal Ideation
- Eating Disorders
- And More!

How It Works	
1. Find a Mentor who's been there	Complete the onboarding process to get matched with a Certified Peer Specialist Mentor who shares similar interests and has overcome similar challenges. There are no waitlists and the online referral form can be completed by a teen, parent, or by someone referring a teen.
2. Text or video call your mentor	Talk or text with the Mentor through the HIPAA compliant Somethings app. Once signed up, the app can be downloaded through the iOS or Android App stores.
3. Talk to your Mentor after school or on weekends	Talk with the Mentor after school and on weekends and set sessions for times that works for you.

For additional information, email patrick@somethings.com or book a call to ask any questions you may have about the program.

Resources	
Somethings Teen Facing Flyer Somethings-OnePager-TeenFacing.pdf	**Somethings Partner Deck** Somethings Partner Deck 04022025.pdf