



PRESS RELEASE—

For more information contact:

773-459-1941

communicationsteam@peerhealthexchange.org

Peer Health Exchange launches *Let's Talk: Your Health*
Portal of up-to-date reliable health resources supports youth navigating their health needs while coping with the COVID-19 health crisis

April 15, 2020—Oakland, CA—Peer Health Exchange, a national organization working to advance health equity and improve health outcomes for young people has launched [Let's Talk: Your Health](#)—a portal of up-to-date and reliable health resources for young people.

Let's Talk includes:

- Real stories from near-peer Health Educators, sharing their experiences coping with all that has arisen during the pandemic.
- Asking for a Friend, a virtual Q&A service that allows young people to ask health-related questions directly to Health Educators.
- A growing library of skills resources and practice activities relevant to this crisis.
- Curated resources from other community partners that support young people's mental and physical health.

The portal will continue to be updated as new resources are added to it daily.

“As we continue to observe shelter-in-place orders, it is important that we acknowledge the challenges young people are facing as they join all of us in working to flatten the curve,” said Dr. Angela Glymph, Vice President of Programs and Strategic Learning. “We strongly believe that it is critical to listen to young people's needs and continue to update and adapt *Let's Talk: Your Health* with their input.”

The coronavirus crisis is already taking a toll the country's mental health. According to a recent [survey](#) by Benenson Strategy Group, 55 percent say the situation has already affected their mental health either a great deal or somewhat, compared to the only 19 percent who say the situation has not affected their mental health at all.

“Our school partners and young people tell us mental health is the number one issue on their minds in addition to meeting basic needs. We know young people, particularly those with marginalized identities, need space to process what's happening, check in on their health needs, and seek help when they need it,” said Louise Langheier, Co-founder and CEO of Peer Health Exchange. “Let's Talk: Your Health is our virtual answer to the needs of young people to access the health knowledge and resources they need and deserve.”

Over the last 16 years, Peer Health Exchange Health Facilitators have provided a skills-based health curriculum in under-resourced high schools across the country to more than 150,000 young people. As a response to the COVID-19 pandemic, Peer Health Exchange is committed to continue showing up for young people through virtual solutions.

###

About Peer Health Exchange Peer Health Exchange's mission is to empower young people with the knowledge, skills, and resources to make healthy decisions. We do this by training college student volunteers to teach a skills-based health curriculum in under-resourced high schools across the country.

[Empowering young people to make healthy decisions](#)