

Project LETS

Category: Mental Health and Wellness

Location

Project LETS
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Description

Project LETS is a national grassroots organization and movement led by and for folks with lived experience of mental illness/madness, Disability, trauma, & neurodivergence. Project LETS specialize in building just, responsive, and transformative peer support collectives and community mental health care structures that do not depend on state-sanctioned systems that trap folks in the medical/prison-industrial complex.

Project LETS operates multiple chapters on many college campuses, including Columbia University (undergraduate and graduate levels) using two categories of models:

• Category 1: Activist and Community Support Chapters: These chapters prioritize building strong systems of support for their community (peer support). and engage in campus-wide activities (e.g., facilitating student-led workshops & panels/discussions, reforming university policies, designing campaigns & initiatives).

• Category 2: The Peer Mental Health Advocate (PMHA) Model: The PHMA Model trains students with lived experience to act as counselors/advocates for their fellow students.

Project LETS' services are free and confidential. For a list of Project LETS chapters, visit projectlets.org/chapters.

HAVE PROJECT LETS SERVICES BEEN SUSPENDED DUE TO COVID-19? No. Project LETS is working in coalition with grassroots organizations to support the most marginalized & vulnerable through mutual aid work.

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