



## Selfsea



Created by [Selfsea](#)

Selfsea provides young folx like you support, resources, and stories from other young adults who've been there. Selfsea believes self-care is community care.

The Selfsea app was designed together with young people, as a place where you'll see yourself reflected within a supportive and inclusive community that prioritizes your

identity, truth and experiences about mental health, sexual health, and beyond. Visit the app at [www.selfsea.org](http://www.selfsea.org)

Here are some current opportunities to get involved:

- **Peer Health Navigators for selfsea communities:** Are you a young adult passionate about health equity? Peer Health Exchange is looking for volunteers, ages 18-24, to facilitate inclusive and welcoming online discussions forums about mental health, sexual health, identity, grief and loss, and more for our selfsea communities, an online community built with and for young people ages 13-18, launching this spring. [Click here to learn more about the position and apply](#)
- **Digital Storyteller:** We also have a Digital Storyteller program for young people ages 18-24 who are interested in sharing their experience navigating grief or any other mental health topic of their choosing. *It's a paid opportunity*, a short-term commitment, and the goal is to elevate stories from the BILPOC communities, LGBTQ folks, and young men. [More information can be found here.](#)

[Learn more about Selfsea](#)

