

Peer Mentorship Program

For Individuals With Brain Injury



The **Brain Injury Association of Nebraska (BIA-NE) Peer Mentorship Program** connects people who have experienced a brain injury. A peer mentor is someone who truly understands because they've been there—and is ready to walk with you through any stage of your brain injury journey.

This program gives people hope, support, and a safe place to talk with someone who truly understands.

You don't have to walk this journey alone.

What The Program Offers

- A caring person who understands life after brain injury
- Mentors who are trained in building supportive peer relationships
- A safe place to share feelings and challenges
- Support, encouragement, and connection
- Someone who can offer ideas from their own lived experience
- Hope that life can still have meaning and purpose

*This is not therapy or crisis support.
It is a **person to person connection.***

Mentors and mentees can meet:

- By phone
 - By video
 - In person
- whatever works for both people.

Who Can Be a Mentor?

Mentors are adults who:

- Have identified ways to cope and move forward
- Are comfortable sharing their story in a helpful way
- Can listen with kindness and respect
- Can meet regularly and keep healthy boundaries
- Want to help someone feel less alone

Mentors complete training and receive ongoing support from BIA-NE.

Who Can Be a Mentee?

Mentees are individuals who:

- Want support from someone who understands
- Are open to talking and learning at their own pace
- Can meet regularly and communicate with their mentor
- Can meet regularly and keep healthy boundaries
- Want to build confidence, connection, and purpose

What You Might Talk About

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|-----------------------------------------------------------------------|-------------------------------------------------|
| • Coping with changes | • Organizational strategies found to be helpful |
| • School, work, or daily challenges | • Celebrating progress |
| • Feeling overwhelmed | • Finding purpose and hope |
| • Navigating relationships with family and friends after brain injury | |

Each match is different. The mentor listens, supports, and shares ideas —not professional advice.

How Matching Works

BIA-NE learns about each mentor and mentee's story, needs, strengths, and preferences to create the best possible match.

How Long Does A Match Last?

Peer matches may last just a few months or extend up to a year, depending on individual needs.

A match closes when:

- Someone feels ready to move on, or
- The match has run its course

Why It Matters

Brain injury can feel lonely.

Peer mentorship helps people feel:

- A caring person who understands life after brain injury
- Mentors who are trained in building supportive peer relationships
- A safe place to share feelings and challenges
- Support, encouragement, and connection
- Someone who can offer ideas from their own lived experience
- Hope that life can still have meaning and purpose

Learn More:

biane.org/peer-support

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