“Lean On Me” by Bill Withers

Sometimes in our lives we all have pain
Sometimes in our lives we all have sorrow
But if we are wise we know that there’s always tomorrow
Chorus
Lean on me when you get tired and can’t climb anymore
Lean on me, I’m strong
If you lean on me, I’ll take care of you
Lean on me when you get tired and can’t climb anymore

The words and tune of this song written and recorded by African American composer Bill Withers captures the feelings many young people have when they feel they don’t have a shoulder to lean on. To address these needs, we are working to identify community leaders who can lend a helping hand and make sure something we lose, we never recover from—

Sometimes, it is when we lose our car breaks down or a friend dies. It’s when we all suffer, and sometimes the pain is too much to bear. Jennifer R. Jones, MPH, explains the different types of support you need.

Chorus
If there is a load you have to bear
If you are trying to pull this boulder
I’m right up the road I’ll lift it for you
Chorus
If you feel so bad now
And you're feeling this sorrow
If it's even in your soul
Lean on me like you have no soul
Chorus

Eighth-grader Alex Swor, a City Charter High School senior, told his fellow teens to be careful of bullying or social media making them feel bad. “You just call on me, brother,” he said. “I’ll be your friend.”

We all need somebody to lean on. For no one can live their lives alone. Not even the strongest of us. And it is important to understand who we can rely on. People who make us feel loved and cared for. They may share this in a group setting and involve others. Sometimes in our lives we all have pain. Sometimes in our lives we all have sorrow. But if we are wise we know that there’s always tomorrow.

Dr. Culyba’s current research is working to identify the specific characteristics within supportive adult relationships that help protect local youths. For example, her research focuses on whether there is a certain mentorship or adult figure that makes you feel loved and cared for. Tangible support is important to work with community leaders or clergy to take back to the community and provide support to youths who are at risk. It is important to work with community partners to design interventions that strengthen adolescent-adult connections to safeguard youths. By designing interventions that involve youths and adults, Dr. Culyba and her team hope to build pathways to improve community engagement. This will increase the odds that youths will turn to the community for help when they need it.

There are so many adults within families, communities and larger networks of support that teens already. Figuring out how to harness those networks is an important piece for improving the lives and opportunities for youths in low-resource neighborhoods. Dr. Culyba is the best conflict resolution identified in the research team at the University of Pittsburgh. Her research is often studied in health, health care, and mental health because of the benefits of the research team. Jennifer R. Jones, MPH, explains the different types of support you need. For many teens with depression and anxiety, their parents often turn to their health care providers for help. They may be able to talk to others, it is important to work with community partners to design interventions that strengthen adolescent-adult connections to safeguard youths. By designing interventions that involve youths and adults, Dr. Culyba and her team hope to build pathways to improve community engagement. This will increase the odds that youths will turn to the community for help when they need it.