

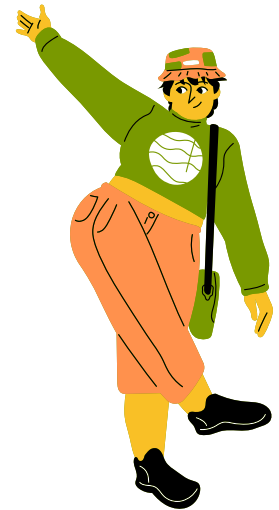
FREE!

MENTAL HEALTH

PROGRAMS

FOR TEENS

COMING SOON JANUARY 2025



- **Ask for Help:** Looking for a therapist or concerned about a friend? A near peer – someone close to your age – will respond to your mental health questions.
- **Create Community:** During this virtual support group for teens ages 14-18, discuss what's on your mind and how to get the support you need.
- **Be A Leader:** What do young people need to thrive? Help us develop NAMI-NYC's teen programs.

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