

FREE!

MENTAL HEALTH PROGRAMS FOR TEENS



- **Ask for Help:** Looking for a therapist or concerned about a friend? A near peer – someone close to your age with lived experience – will respond to your mental health questions. on our Helpline at naminyc.org/helpline.
- **Join Connection Corner (Teen Support Group):** 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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