



FREE!

MENTAL HEALTH PROGRAMS FOR TEENS



Call Teen Helpline: 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. Call, text, chat, or email us:

- **212-684-3264**
- **helpline@naminyc.org**
- **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.

Wednesdays, 7-8 PM (starting May 21) or Thursdays, 5:30-6:30 PM

Be A Leader: What do young people need to thrive? Help us develop NAMI-NYC's teen programs.



www.naminyc.org

Click **FIND SUPPORT** and
FOR TEENS on the dropdown menu

For any questions, e-mail youthsupport@naminyc.org