



**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. **We meet weekly on Wednesdays, 7-8 PM 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](http://www.naminyc.org)**

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

For any questions, e-mail [youthsupport@naminyc.org](mailto:youthsupport@naminyc.org)