

Teen Support Group Offered by NAMI-NYC

NAMI-NYC is proud to announce that they are now offering **FREE peer-led support services to youth ages 14-18** living with mental health challenges throughout the five boroughs. Their programs include:

- **Teen Mental Health Support Group:** Facilitated by young people close in age, teen participants will discuss what's on their minds and how to get support. Meets weekly and virtually starting Thursday, January 30, 4-5 PM. [Link to join.](#)
- **Helpline for Teens:** Looking for a therapist or concerned about a friend? Another peer – someone close to your age – will respond to your mental health questions: www.naminyc.org/helpline



FREE!

TEEN SUPPORT GROUP

Weekly & virtual starting
Thursday, January 30
4-5 PM

- This new virtual group is facilitated by other young people close in age.
- Find support and community.
- Meets weekly on Thursdays, 4-5 PM.



**FILL OUT INTEREST FORM
TO GET REMINDERS**

