



Free mental health support for NYC teens

NYC
teenspace

talkspace

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Health

Teen life can be a lot

The NYC Health Department is providing **free** online mental health support to any teen who lives in New York City.

Sign up for NYC Teenspace to be paired with a therapist for messaging and live virtual sessions, and receive access to online courses and tips designed just for teens.



To register, visit talkspace.com/nyc or scan the QR code.

