



Teen Peer Support Group

#mentalhealthmatters

Interested?
Fill out this form.

Teen Peer Support Group Interest



<https://forms.office.com/r/tmspt0TJv1>

2024 VIRTUAL SESSIONS THURSDAYS AT 4:30PM



Thursday, January 4th at 4:30pm-5:30pm
Thursday, January 11th at 4:30pm-5:30pm
Thursday, January 18th at 4:30pm-5:30pm
Thursday, January 25th at 4:30pm-5:30pm



Thursday, February 1st at 4:30pm-5:30pm
Thursday, February 8th at 4:30pm-5:30pm
Thursday, February 15th at 4:30pm-5:30pm
Thursday, February 22nd at 4:30pm-5:30pm

REQUIREMENTS

- Parent Consent
- Agreement to Follow Group Guidelines
 - Use of Appropriate Language
 - Avoiding Topics that are Off Limits
 - Privacy
 - Respect
- Age 13-17 years old



LOOKING FOR SUPPORT?

Do you feel like no one understand you or what you are going through? Do you find it difficult to talk to friends about your mental health? Do you feel alone, like you're the only one who has thoughts of suicide? Connect with other teens who are struggling and feel the same way you do.



WHAT IS A SUPPORT GROUP?

A place where you can talk to other teens about the challenges you face with your mental health, learn about positive ways to cope with difficult emotions, connect with others, and get different perspectives on reasons to live in a safe environment with a training group facilitator.



IS THE GROUP RIGHT FOR ME?

This group is for teens who may struggle with depression, anxiety, thoughts of suicide, self-harm, or individuals who are suicide attempt survivors or if you have lost someone close to you by suicide. Support groups aren't for everybody, but if you think it may help, there's no harm in trying.

GROUP FACILITATOR



Eileen (Shea) Young, MSN
Youth Suicide Intervention Specialist
Youth Services System, Inc.
Prevent Suicide West Virginia



eshea@ysswv.com



304-559-7121

Interested?
Fill out this form.



Teen Peer Support Group

#mentalhealthmatters

<https://forms.office.com/r/tmspt0TJv1>

2024 VIRTUAL SESSIONS THURSDAYS AT 4:30PM



Thursday, January 4th at 4:30pm-5:30pm
Thursday, January 11th at 4:30pm-5:30pm
Thursday, January 18th at 4:30pm-5:30pm
Thursday, January 25th at 4:30pm-5:30pm



Thursday, February 1st at 4:30pm-5:30pm
Thursday, February 8th at 4:30pm-5:30pm
Thursday, February 15th at 4:30pm-5:30pm
Thursday, February 22nd at 4:30pm-5:30pm

REQUIREMENTS

- Parent Consent
- Agreement to Follow Group Guidelines
 - Use of Appropriate Language
 - Avoiding Topics that are Off Limits
 - Privacy
 - Respect
- Age 13-17 years old



LOOKING FOR SUPPORT?

Do you feel like no one understand you or what you are going through? Do you find it difficult to talk to friends about your mental health? Do you feel alone, like you're the only one who has thoughts of suicide? Connect with other teens who are struggling and feel the same way you do.



WHAT IS A SUPPORT GROUP?

A place where you can talk to other teens about the challenges you face with your mental health, learn about positive ways to cope with difficult emotions, connect with others, and get different perspectives on reasons to live in a safe environment with a training group facilitator.



IS THE GROUP RIGHT FOR ME?

This group is for teens who may struggle with depression, anxiety, thoughts of suicide, self-harm, or individuals who are suicide attempt survivors or if you have lost someone close to you by suicide. Support groups aren't for everybody, but if you think it may help, there's no harm in trying.

GROUP FACILITATOR



Eileen (Shea) Young, MSN
Youth Suicide Intervention Specialist
Youth Services System, Inc.
Prevent Suicide West Virginia



eshea@ysswv.com



304-559-7121