

Seeking Professional Help is Okay!

01. Therapist

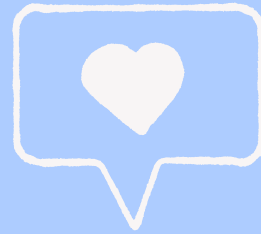
A therapist helps you talk through emotions, stress, anxiety, or difficult experiences. They help you understand patterns in your thoughts and feelings and build healthy coping skills over time.

02. School Counselor

A school counselor supports you with academic stress, personal challenges, and emotional well-being. They can also help connect you to outside resources if you need more support.

03. Psychiatrist

A psychiatrist or medical doctor can evaluate mental health conditions and, if needed, discuss medication as part of treatment. They focus on both mental and physical aspects of well-being.



The TeenSpace

The TeenSpace is a nonprofit organization dedicated to transforming teen mental health through awareness, empathy, and action. We create a safe and supportive platform where teens can share stories, access helpful resources, and connect with others who get it.

The TeenSpace is your space and your voice. You can reach out to us with the information below.

Let's grow together.

Contact Us

 theofficialteenspace@gmail.com

 theteenspace.org

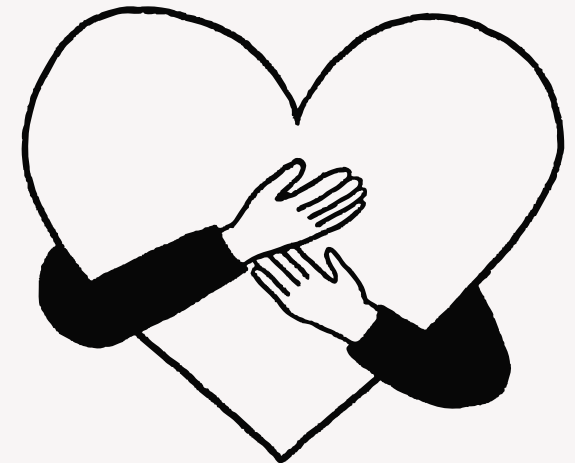
 **TeenSpace**
Your Space. Your Voice.

The TeenSpace 501(c)(3)

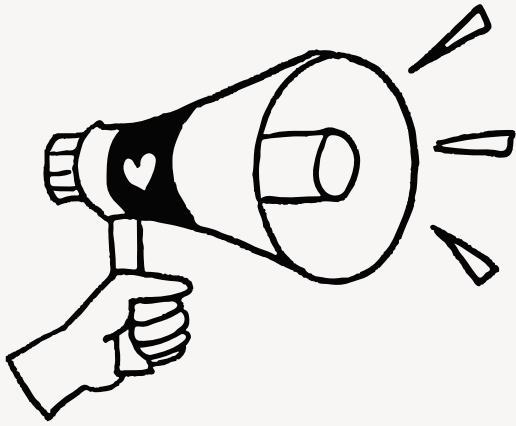
GUIDE

Your Mind Matters Every Day

Simple tools. Real Support.
Available in 8 languages.



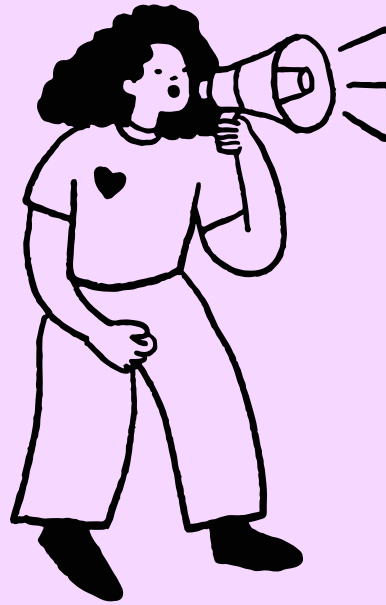
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What is Mental Health?

Mental health is how you think, feel, and cope with everyday life. It affects how you handle stress, how you focus, how you connect with others, and how you feel emotionally. Everyone has mental health ups and downs. It can change depending on what you are going through. It affects your stress, emotions, focus, relationships, and energy.

Why does Mental Health Matter?



When your mental health is supported, daily life can feel a bit more manageable. It can help you focus better, develop healthier ways to heal, and feel more balanced overall.

Simple Ways to Support Yourself

1

Take deep breaths when you feel overwhelmed using the 4-7-8 breathing technique.

2

Take short breaks throughout the day to reset your mind!

3

Spend time outside, get some sunlight, and move your body in a way that feels good.

4

Write your thoughts down to help process what you are feeling if you cannot talk to someone right away.