

LET'S TALK, LET'S LEARN, LET'S CONNECT

Mental Health Awareness Program for Teens



Everyday we deal with so much: our family, relationships, school, health and friends that it can sometimes get overwhelming and effect out mental well-being.

- 1 in 5 youth ages 13-18 live with a mental health condition
- More than 40% of teens are not receiving the care they need
- Suicide is the second leading cause of death among teens
- Half of all mental health conditions begin by age 14

Talk in a comfortable safe setting with peers and trusted adults in interactive workshops.

Learn about mental health conditions and empower yourself with knowledge.

Connect with sources of support, mental health services and resources in your community.

Take Action and join our Teen Action Groups to work together with peers to reduce stigma and create mental health awareness in your community.

The Multi-Ethnic Collaborative of Community Agencies is a coalition of community based agencies with a vision of eliminating racial and ethnic disparities and addressing health equity issues.

Call us to join our teen workshops:



MECCA MULTI-ETHNIC COLLABORATIVE OF COMMUNITY AGENCIES

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