



**Dedicated to ensuring a safe and
healthy future for adolescent and
young people**

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Child in Need Institute (CINI), a leading national level professionally managed NGO of international repute in India with 43 years track record since 1974. It is committed to 'sustainable development in health, nutrition, education and protection of child, adolescent and woman in need'.

CINI-ADOLESCENT RESOURCE CENTRE

This unit of child in need institute, seeks to contribute meaningfully and effectively towards improving adolescent and youth health status (10 to 24 years) through research and documentation, pilot innovative Programmes, building capacity of youth-serving NGO's and other organizations in designing, implementing and monitoring interventions targeted at young people, policy analysis, networking and advocacy.



Every moment in the life of an adolescent faced with the challenge of balancing between the inner needs of the individual and the outer demands of the society in order to create an identity of his/her own. In this phase of multi-dimensional changes, it becomes difficult for the teenager to cope with every aspect of his/her life—physical, psychological, and societal. Counselling helps adolescent to alleviate symptoms of distress; improve the child's social and emotional resources, increase their use of effective communication skills; and strengthen relationship with family, community, and peer.



Counseling can help adolescents to identify causes of their distress, develop their skills in asking for help and expressing emotions, and improve their problem-solving abilities.

Our approach to adolescent counselling is holistic and strength-based. We seek to identify and develop strength and growth areas, while reducing distress and increasing coping skills.

What is TEENLINE.....?

TEENLINE, a dedicated toll freetelephone number, to answer queries and provide first level counselling to adolescents and young people on sexual and reproductive health issues, emotional problems and career guidance. Later the tele-counseling service was expanded and face-to-face counseling service was started to deal with the emotional problems of the adolescents and young people



It is a five-day counselling service provided to adolescents young people between 10 and 24 years. TEENLINE also receives calls from parents, who are concerned about their children's sudden interest in issues regarding sex and sexuality, relationship problems & mental health.. TEENLINE is now a toll free number, which welcomes and happily entertain calls from the "unknown Hellos "to navigate risks and vulnerabilities to make reaching the unreachable possible. Let of us utilize the opportunity to expand our efforts on the foundation of TEENLINE.



TELECOUNSELLING Services:

It provides information and first level counseling for young people on emotional health problems, reproductive and sexual health issues and relationship problems. If you need to talk our helpline is open between 9:30 am to 5:30 pm 5 days a week. All calls are confidential, we are here to help; we are here to listen.



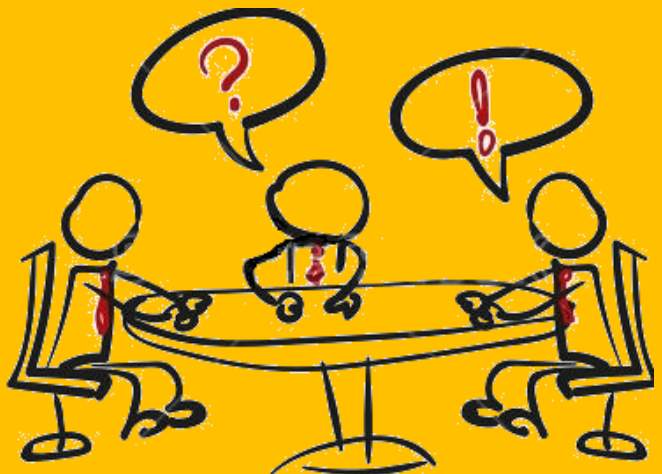
FACE-TO-FACE COUNSELLING Services:

Tele-counseling service was expanded and face-to-face counseling service was started to deal with the emotional problems of the adolescent (10 – 24 years) by appointment only (call 18001215323). It includes Individual counselling session, parental counselling, psychological testing etc.

REFERRRAL services and networking for specialized counselling, medical needs and career based information for young people.

Our services:

- SRHR Issues
- Mental Health issues
- Relationship problems



I don't want to be labeled, I want to be heard



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