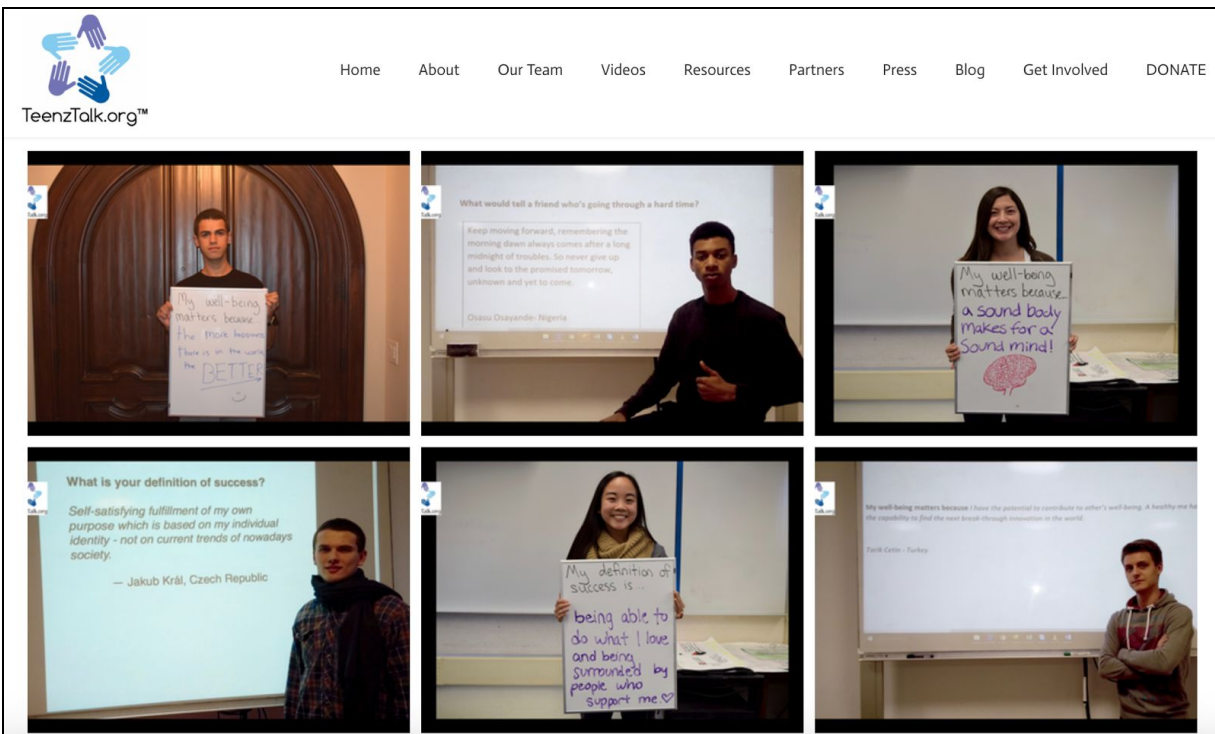


## More About TeenzTalk.org

The video categories on the site are meant to encourage positive discussion around teen mental health and wellness. We aim to spread the message to all teens: “you are not alone”.

- **Video Categories:** [[www.teenztalk.org/teenvideos](http://www.teenztalk.org/teenvideos)]
  - “Share about a time you or your loved one experienced a mental illness. What was this like? How did it affect you/your loved one? What is your message to other teens who are going through similar experiences?”
    - [www.teenztalk.org/mental-health-campaign](http://www.teenztalk.org/mental-health-campaign)
  - “Share a personal story where language related to mental health has affected you.”
    - Part of TeenzTalk’s #SpeakMindfully Campaign:  
[www.teenztalk.org/speakmindfully](http://www.teenztalk.org/speakmindfully)
  - “How do you relieve stress?”
  - “What have you learned from facing difficulty, challenges, or disappointments? How has this shaped you?”
  - “What is happiness? What does this mean to you? What does this look like in your life?”
  - “What are you passionate about?”
- **Current TeenzTalk Initiative:**
  - *Positive Messages Campaign* [screenshot of web page included below]
    - Mission: respond to a variety of prompts, inspiring deep thinking and positive messages to fellow peers
      - *My well-being matters because...*
      - *My definition of success is...*
      - *What would you say to a friend who's going through a difficult time?*



- **Ways for Teens to Get Involved:**

- Submit video clips of their personal experiences or video clips of their responses to our video categories through our “share your story” form on the site
  - All submissions are carefully reviewed by our team before publishing.
- Write for the TeenzTalk blog [[www.teenztalk.org/blog](http://www.teenztalk.org/blog)]
  - *The TeenzTalk blog aims to amplify teens’ stories on topics including personal challenges, wellness strategies, initiatives in their community, passionate pursuits, & more.* The blog is open to everyone and stories can be emailed to [contact@teenztalk.org](mailto:contact@teenztalk.org)
- Apply as a TeenzTalk “Peer Leader” on our team
  - **Apply:** [www.teenztalk.org/apply](http://www.teenztalk.org/apply)
  - **Our Team:** [www.teenztalk.org/our-team](http://www.teenztalk.org/our-team)
- Start a TeenzTalk Club at their school
  - Mission of TeenzTalk Clubs: take action at school to promote mental health and wellness through various activities open to all students (i.e. discussion sessions, mindfulness practices, nature walks, speaker panels, etc.)
  - Current chapters of TeenzTalk Clubs have started at high schools around the San Francisco Bay Area in addition to high schools internationally (the high schools of our global *TeenzTalk Peer Leaders*)

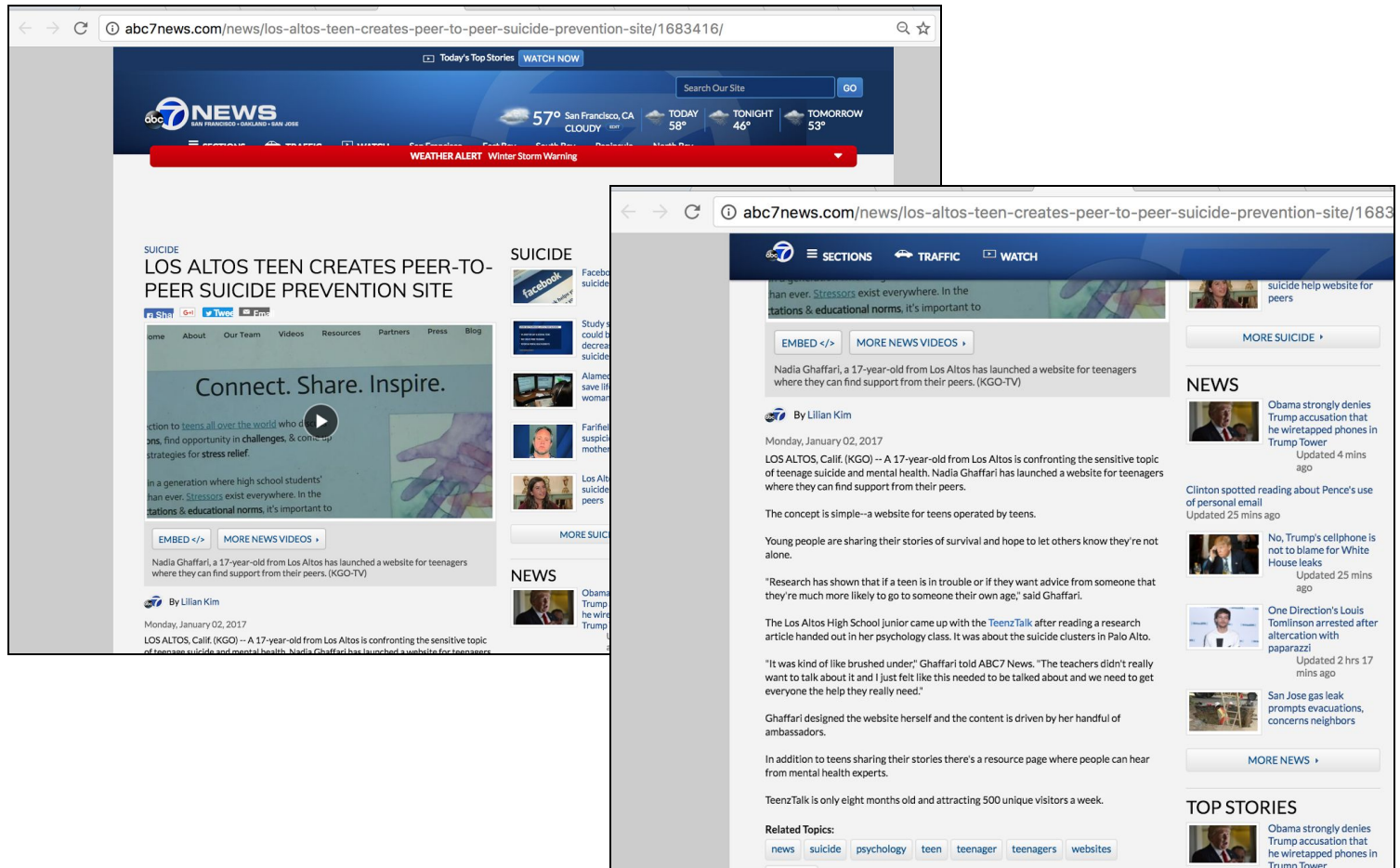
- **TeenzTalk’s Corporate Partners:**

- NATIONAL
  - Anxiety & Depression Association of America (ADAA) [[www.adaa.org/](http://www.adaa.org/)]
  - Bring Change 2 Mind (BC2M) [[bringchange2mind.org/](http://bringchange2mind.org/)]
  - Mental Health America (MHA)
  - National Eating Disorders Association (NEDA) [[nationaleatingdisorders.org/](http://nationaleatingdisorders.org/)]
  - Teen Line [[teenlineonline.org/](http://teenlineonline.org/)]
  - The Mighty [<https://themighty.com/>]
- LOCAL
  - Children’s Health Council in Palo Alto [[www.chconline.org/](http://www.chconline.org/)]
  - HEARD Alliance [[www.heardalliance.org/](http://www.heardalliance.org/)]
  - Open Mind School [[openmindschool.org/](http://openmindschool.org/)]
  - Spark Focus [[sparkfocus.com/](http://sparkfocus.com/)]
  - Still Quiet Place [[www.stillquietplace.com/](http://www.stillquietplace.com/)]
  - Sutcliffe Developmental/Behavioral Clinic [[www.sutcliffedbp.com/](http://www.sutcliffedbp.com/)]
  - The Healthy Teen Project [[www.healthyteenproject.com/](http://www.healthyteenproject.com/)]

- **Press/Media Coverage:**

- Full list: <http://www.teenztalk.org/press.html>
  - [Psych Central Podcast & Young Minds Advocacy article to be added in April]

■ **Screenshots from ABC7 News Coverage:** *[other press/media coverage linked above]*



- **The “Resources” Page on TeenzTalk.org** is meant to bring together a variety of professional mental health resources (mostly online resources/phone numbers) for easy access to the teen population.
  - Our resources feature **Mental Health America’s mental health screening tool** on the “Get Help” page.
  - Our recently added segment is called **“Hear from the Experts”** where teens can anonymously submit questions they have for adolescent health professionals. Once the questions are submitted, either I or a *TeenzTalk Peer Leader* will seek out a professional who is fit to answer the question.
  - Screenshots of the “Resources” page and the site included below.



Nadia Ghaffari  
mPower Award

