

Supporting teen mental health



Missing out on normal social, physical and educational interactions due to the COVID-19 pandemic has had a significant impact on the emotional wellbeing of teenagers.

Resources for adolescents

Textcoach®

- 100% confidentiality
- Connection via mobile and desktop devices
- A stigma-free access point
- Texting whenever and wherever

Coaching services

- 100% confidentiality
- A stigma-free access point
- Connection via mobile and desktop devices
- Texting whenever and wherever

