**Talkspace Resource for Parents/Guardians**

We are excited to share an invaluable resource designed to support the well-being of your teen(s) 13 - 17.

We understand the significance of mental health in today's academic and personal landscapes. Hence, we are thrilled to introduce NYC Teenspace, an innovative online therapy platform tailored to provide accessible and confidential mental health support for NYC teenagers aged 13-17. This program is funded by the NYC Health Department, powered by Talkspace.

NYC Teenspace offers a safe space for teens to connect with licensed therapists through convenient digital channels such as messaging, video sessions, and live chats. The platform aims to empower adolescents, providing them with a platform to discuss their concerns, navigate challenges, and strengthen their mental wellness.

Our introduction of NYC Teenspace also comes with Talkspace Go, which is a self-directed, app-based experience designed to help increase confidence and improve teen mental and emotional health through a guided therapy program, reflection prompts, and interactive topical classes.

To facilitate easy access, please visit ***www.talkspace.com/nyc.*** Once your teen clicks “Get Started,” they will be prompted to sign up. You can also learn more about the program and review frequently asked questions on the program website.

We believe that Talkspace can serve as a valuable resource in supporting the emotional and mental health needs of your children, complementing the excellent care and education that our school counselors and faculty already provide.

Should you require any further information or have inquiries about the implementation of Talkspace, please don't hesitate to reach out to your teen’s designated school counselor.

We are enthusiastic about the opportunity to collaborate and support the well-being of our students.