



PSYCHOLOGICAL PEER
ONLINE-COUNSELING

TEENERGIZER!

TEENERGIZER.ORG

Unique psychological
online-counseling resource ©



Free



Confidential



For adolescents
and youth only



Counselors are students
of psychological faculties
of Universities



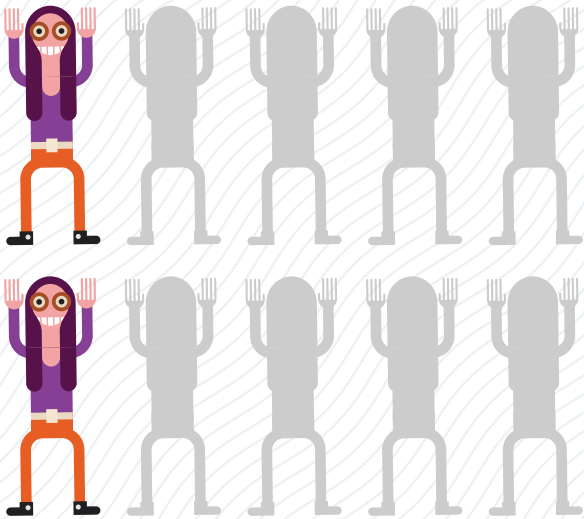
Referral system
for complicated
requests



Regular quality
evaluation

Teenergizer psychological peer online-counseling in 2022

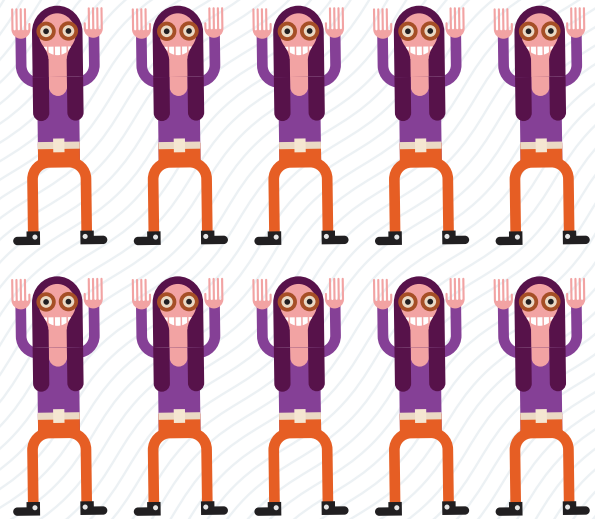
2020



225

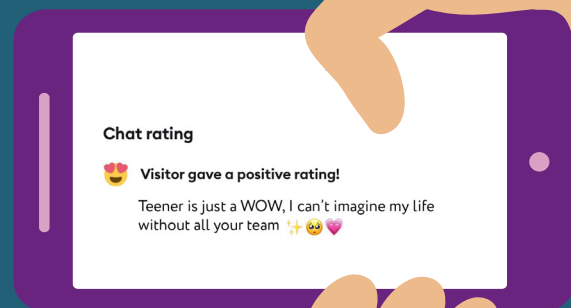
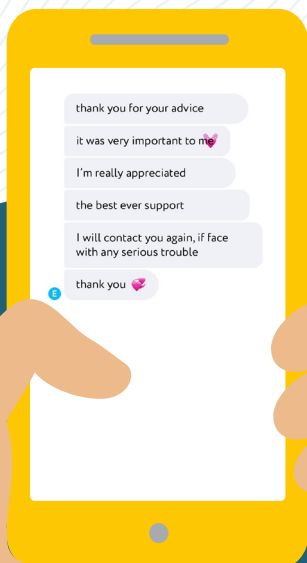
Adolescents and young people monthly receive peer support via Teenergizer psychological online-counseling (average number of requests for counseling in 2020)

2022



>1000

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TO PROMOTE THE TEENERGIZER PSYCHOLOGICAL PEER ONLINE-COUNSELING SERVICES

Via improvement of the advertising, online promotion, influencers' and celebrities' involvement, promotion of the online psychological peer-counseling services within online events at the Teenergizer web platform and during the offline events (as soon as quarantine and other COVID-19 related restrictions are over)

2020 – over **500 000** users at our website per the year

2022 – over **2 000 000** users at our website per year



TO STRENGTHEN THE TECHNICAL SIDE OF TEENERGIZER PSYCHOLOGICAL ONLINE-COUNSELING

2020 – our web platform for online-counseling is available **7** days per week, from **9:00** till **23:00** (Kyiv time), counselors are responding to clients during one hour

2022 – our web-platform for online-counseling is available **7** days per week, **24/7** every adolescent who requests support receives it within minutes



TO ENSURE REGULAR CAPACITY STRENGTHENING FOR THE PEER-COUNSELORS

As well as to encourage a new young people to become the psychological peer-counselors in the Teenergizer team

2020 – Teenergizer team consists of **50** trained peer-counselors from Ukraine, who speak Russian and Ukrainian, have been educated via 2-month courses at the Teenergizer basis, receive regular capacity improvements related to specific topics which are urgent for youth, and participate in burnout prevention

2022 – our team includes over **200** trained peer-counselors from the EECA region, able to deliver counseling in the local languages

2022 – Teenergizer counselors are regularly trained via online programs on mental health in the best Universities of the world, like <https://www.coursera.org/learn/psychological-first-aid>

Step **4**

TO IMPROVE QUALITY CONTROL FOR PEER COUNSELORS' WORK AND QUALITY OF THE OVERALL PEER-COUNSELING SYSTEM

2020 - Teenergizer supervisors ensure quality evaluation of peer-counselors' work via regular individual and group sessions, as well as revise records of consultations delivered with every single counselor on a quarterly basis

2022 - we cooperate with World Psychiatric Association (WPA), which supports us with quality assessment and improvement

Step **5**

TO STRENGTHEN AND EXTEND PARTNERSHIP NETWORKING IN EECA IN ORDER TO ENSURE REFERRAL SYSTEM FOR YOUTH, WHEN REQUIRED

2020 - referral system for adolescents and youth with complicated requests is ensured via linkages with 40 partners in 8 EECA countries

2022 - we constantly extend partners' database and ensure monitoring of the quality of services delivered by these partners to our clients

Step **6**

TO ENSURE FREE OF CHARGE FORMAT OF THE PSYCHOLOGICAL COUNSELING

TODAY and **ALWAYS** Teenergizer psychological peer online-counseling is a free of charge resource

TEENERGIZER!

