



STRATEGY
MENTALHEALTH #SHAREWECARE 2023-2024

TEENERGIZER!

TEENS FOR TEENS

TEENERGIZER.ORG

unique resource of psychological
online counseling ©



free



confidentially



only for teens
and young adults



counselors – students
of universities of the faculties
of psychology



complex client
redirection
mechanism



continuous quality
assessment

Forward to the future!

Why is it crucial?

Teenagers and young people need psychological help and support to increase emotional resilience and maintain mental health in the face of war, COVID-19 and other challenges of the modern world.

Our Core Values:

- We respect and appreciate everyone who turns to us for support
- We respect the right of adolescents and youth to gender identity
- We are tolerant and open to dialogue on any complex topics

Our Approach:



Direct psychological help and support for teenagers and young people who need it



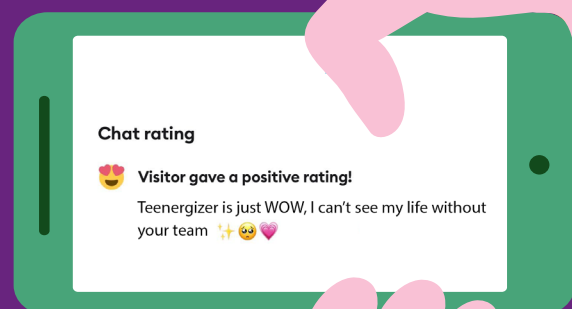
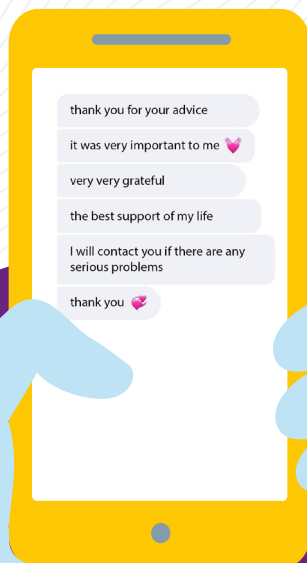
Professional development of future psychologists – additional training, internships, supervision



Information about mental and sexual health, prevention and life with HIV and STIs, human rights, etc. – in an interesting and accessible format



Working with decision makers to update mental health issues in adolescents and young adults



TEENERGIZER'S STRATEGY

for 2023-2024

1

ONLINE CONSULTATIONS

- **5 000 000** people already know about us, up to **10 000 000** will find out
- We already conduct **1,500** consultations per month, we will conduct up to **5,000** per month
- We will be even more flexible: our tools, schedules and formats change in response to any arising needs and challenges

2

FUTURE EXPERIENCED AND PROFESSIONAL PSYCHOLOGISTS

We have already trained **200** students of psychological faculties of Ukrainian universities who have completed an internship at Teenergizer, and now we:

- we will engage students from universities from other countries of the EECA region
- increase the number of professionally trained peer consultants to **400**
- expand the scope of counseling: gender, gender-based violence
- expand learning opportunities: additional courses on international platforms from the best universities in the world

3

INFORMATION IS POWER

We share useful materials and tell about online counseling and our services on the website and in social networks, and we will:

- continue our efforts to ensure that teens and young people know that **mental health** is important, their **experiences** are normal, and they have someone to talk to about it
- strengthen the geographical and quantitative coverage of thematic information materials and access to online consultations
- speak the **languages of the EECA region** so that teenagers and young people from these countries can better understand us

4

MENTAL HEALTH OF ADOLESCENTS – TO EECA COUNTRIES

We have already conducted an effective and successful campaign to bring mental health issues in Ukraine to the highest level, after which, under the patronage of the First Lady of Ukraine Olena Zelenska, the National Program for Mental Health and Psychosocial Support in Ukraine was adopted and is being implemented, and also:

- share our experience and data with decision makers in EECA countries and draw their attention to the importance of mental health issues
- we will make efforts to make **high-ranking officials** aware of the importance of mental health issues and include them in the strategies of the EECA countries
- **share** our achievements and successful approaches from Ukraine with other countries and **help** them achieve the same

TEENERGIZER!

