



STRATEGY

ONLINE COUNSELING 2026-2027



TEENERGIZER!

FOR TEENAGERS AND YOUTH

TEENERGIZER.ORG

Unique resource of psychological
online counseling ©



Free



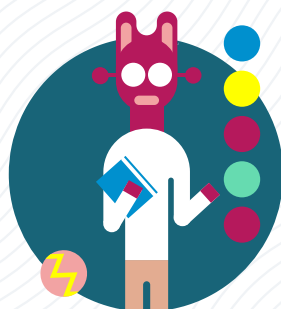
Confidential



Sexual health
and HIV prevention



Gender, self-identity
and LGBTQIA+



Youth rights
and safety



Space for sensitive
conversations

FORWARD TO THE FUTURE

Why is this important?

Teenagers and youth experience war and its consequences, losses, uncertainty, crisis events, constant stress, problems with psychological and sexual health, the threat of HIV. Accessible psychological support helps maintain emotional resilience, cope with existing difficulties, and prevent further deterioration of mental health.



Our principles and values:

- **Trust and safety** — transparency, ethics, responsibility;
- **Humanity and respect** — empathy, dignity, accepting youth as they are;
- **Professionalism and development** — training of counselors, supervisions, interventions, mentorship and learning;
- **Equality and inclusion** — accessibility for all young people regardless of their identity, abilities, or experience.

Our approach:



Direct psychological support
24/7 from peer counselors.



Clear information presented in
formats convenient for youth.



Professional development
of the team through training,
internships, supervisions,
and support.



Advocacy on youth mental and
sexual health and HIV prevention
among partners, universities,
and government bodies.

STRATEGIC DIRECTIONS

2026–2027

1

Quality and scale

Stable, high-quality, and effective operation of the service and its accessibility.

- High quality of consultations thanks to regular group and individual supervisions of peer counselors;
- Mentorship support for all new counselors;
- Referral mechanism and map of partner services;
- **5,000** consultations per month in 2026–2027;
- More than **10,000,000** young people will learn about Teenergizer, mental and sexual health, and HIV.

2

Training and development

Systematic professional training of peer counselors and development of competencies.

- Regular **thematic trainings**;
- **Intervisions** for case analysis and mutual support of team members;
- Collaboration with universities and involvement of psychology faculty students in practice;
- Opportunities for **international training** and professional growth.

3

Advocacy and resilience

Partnerships and long-term support of online counseling.

- Regular meetings and consultations with government bodies to promote youth mental, sexual, and reproductive **health and HIV prevention**;
- Partner network of **universities**, NGOs, and international organizations;
- Fundraising and diversification of funding sources;
- Analysis of the needs of different youth groups — in particular **LGBTQIA+** youth and youth living with HIV — at least once a year.

4

Inclusiveness and equality

Full accessibility of online counseling for all teenagers and youth.

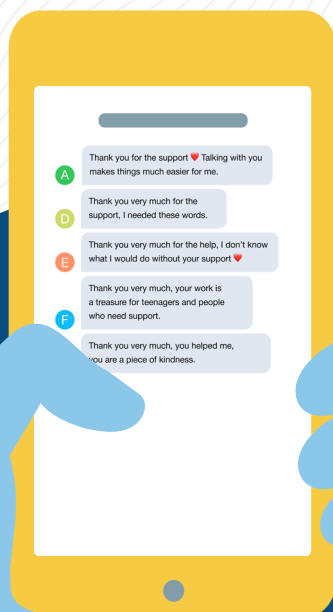
- Accessibility of online counseling according to current **WCAG** accessibility standards;
- Inclusive materials and **LGBTQIA+** content;
- Representation of different youth groups among peer counselors.

5

Technology and innovation

Modern technological solutions to optimize and improve work efficiency.

- Optimal tools for analytics and **process automation**;
- Policy of ethical use of technology;
- Audit and update of the **platform**, including mobile adaptation and improved accessibility;
- Website update to ensure **accessibility**.



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