

MAKING IT THROUGH

Mental Wellness | Updates | Events

Social Content

Have you seen our most recent post on social media? It was important for us to highlight the shows that take the great responsibility of shedding light on what it can look like to a person going through it and someone on the outside looking to help the other person. We think you might find it very insightful, and you might even find some new shows to dive into as well. Check it out by clicking on our social platforms below.

Connect with us on social media!

Twitter:

Instagram:

TikTok:

Facebook:

Public Health Forum (Save the date!)

Making It Through will provide workshops for young people as well as a resource table.



Welcome!

Greetings, Making It Through community! In this edition, we delve into the vital realm of mental health, crafting a space dedicated to the well-being of young adults. As we embrace February, a month rich in significance – Black History Month, International Boost Self-Esteem Month, and Teen Dating Violence Awareness Month – we illuminate the crucial links between mental health, cultural narratives, and personal empowerment. Let's navigate this month together with insights, resources, and a commitment to fostering positive mental health experiences. In order to raise awareness, we would appreciate it if you could take the time to explore the issues that are being featured this month.





NYC Teenspace

NYC Teenspace is a **free mental health support** program available to any teenager **age 13 to 17** living in New York City. Whether you struggle with mental health challenges or just want somebody to talk to about your everyday ups and downs, you can sign up for Teenspace to be connected to a licensed therapist for ongoing support. You will also get access to online mental health exercises to complete at your own pace. Teenspace is offered by the NYC Health Department and powered by Talkspace.

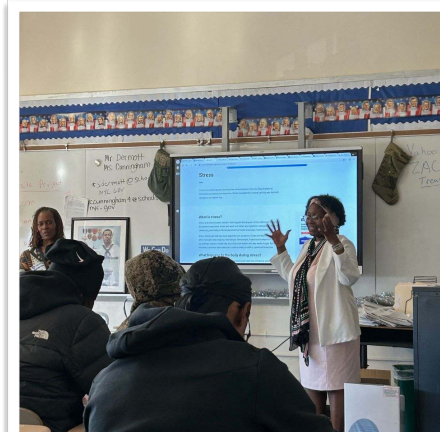
- Click here to learn more and register .
- **Eligibility** The NYC Teenspace program is free to anyone ages 13 to 17 living in New York City, regardless of school, income level or insurance status. If a teen turns 18 while enrolled in the program, they can continue with their therapist until June 30 of the following year. Then, if they choose to continue, they can pay with insurance or out-of-pocket.

The Making It Through program made a visit to A. Phillip Randolph!

On December 20, 2023, clinicians from the **Making it Through** program brought their expertise to A. Phillip Randolph High School in Harlem, conducting valuable workshops. Targeting seniors, the workshops focused on raising mental health awareness among the students, a crucial aspect often overlooked in academic settings. The students gained insights into recognizing the signs and symptoms often associated with common mental health challenges such as depression, anxiety, stress, and sleep deprivation. The engaged seniors listened and provided feedback as the clinicians emphasized the importance of understanding these issues to empower the students in managing their mental well-being and overall daily functioning.



C. Cunningham, Teacher, APRHS; S. Cook, MIT Mental Lead (LCSW-R), JoVon Seymore, Mental Health professional, and Charisse Marshall, DSW, LCSW



Dr. Marshall presenting workshop to students