

TEEN4TEENSHelp 2025 IMPACT REPORT

THE TEEN MENTAL HEALTH PROBLEM



Young people are facing a real mental health crisis. Every day, an estimated **3,700 teens attempt suicide**, and almost **40 percent report persistent feelings of hopelessness**. Many are navigating pressure from multiple directions. Social media can create nonstop comparison, schools are stretched thin and have reduced activities that support emotional well-being, and families are doing their best in a world that feels uncertain. **All of this leaves teens with fewer safe places to process what they are going through.**

OUR MISSION

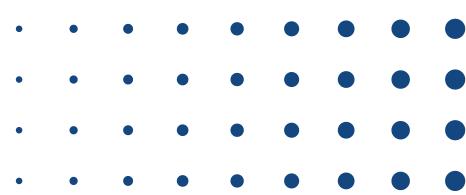
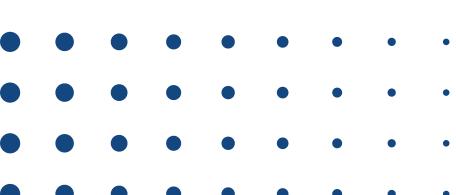
*To help teens find **hope**, **health**, and **recovery** from mental health and emotional challenges.*

OUR VISION

To be a trusted part of teen mental health and emotional well-being nationwide, increasing awareness and understanding while reducing stigma and barriers to care.

THE TEEN4TEENSHelp SOLUTION

We meet teens where they already are, online and on video, and we use that space to build connection, not distance. Teens respond best to peers who understand their world, so sharing real stories of hope, inspiration, and resilience can shift trajectories in powerful ways.



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MAKING AN IMPACT



OUR APPROACH

- Meeting teens online through videos and resources.
- Recognizing peer stories build connection and reduce stigma.
- Youth leaders bring mental health education into schools and communities.

Being a part of Teens4TeensHelp has changed my perspective on mental health as I have realized how prevalent teen mental health issues are across the globe, and how there are a plethora of amazing teens who are working to break the stigma! -Minaal, Youth Board Member

OUR IMPACT IN 2025



180,000

Views across
social media



8,000

Visits to
our **website**



13

Live events, talks,
and mental
health fairs



78

New
Youth Board
Members

WHAT WE OFFER

Website: A safe space for learning, finding coping skills, and exploring recovery stories.

Youth Board: Diverse teens across the US creating content, leading outreach, and normalizing help-seeking.

Toolboxes: Practical skills and coping resources designed for schools and treatment centers.

Outreach: School presentations, community events, and partnerships that reach teens offline.

