



Support for teens

Guidance when they need it most

Adolescence brings rapid change. When stress, anxiety, depression, or other challenges interfere with daily life, early support helps your teen build practical strategies that protect their wellbeing.

Text therapy provides a safe place to connect and grow:

- A private space to talk with a licensed professional
- Tools and resources for mindfulness, sleep, and positive choices
- Guidance to build confidence and healthy coping skills
- Flexible access through mobile or desktop

Provide parental consent in the platform by uploading a secure video with verbal permission before your teen (ages 13–17) can access care.

Access today to boost your teen's growth and resilience.



Log in today to take the next step in your wellbeing journey

855-760-2454

mysupportlinc.com

group code: bilh

