

Why TeenSpace?

The TeenSpace stands as one of the few mental health organizations that are truly led by teens, for teens. Rather than speaking about teens, The TeenSpace speaks with them. Its approach centers real teen experiences, using language, platforms, and creative expression that feels accessible and authentic.

Being a part of The TeenSpace movement allows you to be a part of something bigger.

Join Us Today!

Visit our website to learn more.

The TeenSpace

The TeenSpace is a 501(c)(3) nonprofit organization dedicated to transforming teen mental health through awareness, empathy, and action. We create a safe and supportive platform where teens can share stories, access helpful resources, and connect with others who get it.

The TeenSpace is your space and your voice. You can reach out to us with the information below.

Let's grow together.

Contact Us

 theofficialteenspace@gmail.com

 theteenspace.com

What is The TeenSpace?

A 501(c)(3) organization that tackles youth mental health by providing creative outlets and a safe space for learning and expression.



 **TeenSpace**
Your Space. Your Voice.



What Does The TeenSpace do?

The TeenSpace utilizes pillars of **awareness, advocacy, and action** to promote **mental health awareness** for all youth across a **peer-led environment**. Our **podcast** and **newsletter amplifies teen voices**. Our **social media platforms** raise awareness for mental health that is seen by thousands. Moreover, our **creative outreach events** have already reached hundreds of teens and raised hundreds of dollars.

The TeenSpace strives to **bridge the gap** between **teens struggling with their mental health** and getting the **creative outlets, peer-support, and professional help** they may need.

TeenSpace's Metrics

\$1050+ Raised and Donated in Supplies

16k+ Social Media Followers

Since September 2025:

1000+ Youth Impacted

through donations to various centers and hospitals supporting youth mental health.

6+ Newsletter Releases

12+ Podcast Episodes Released

10M+ Reach on Social Media



Getting Involved

Get involved with The TeenSpace using our forms on our **Instagram Linktree (the_teenpace)** or our **website (theteenspace.com)**

Getting involved could look like **volunteering as a member or becoming a chapter leader** in your region or state. Gain **leadership positions, volunteer hours**, and **be a part of a meaningful initiative** relating to mental health.

Resources

Crisis Text Line: Text CONNECT to 741741 (free, confidential, 24/7)

Child Mind Institute: childmind.org

