

JFS Counseling Services

“PREsilience” Mental Health Support for Teens

Our teens need us now more than ever. Half of adolescents experience a mental health disorder at some point, and over 60% do not receive treatment — often due to financial concerns or a lack of available providers.

JFS provides compassionate, accessible and affordable mental health support for teens.

We are a safe space for teens from all ethnic and religious backgrounds.

We Provide

MENTAL HEALTH FIRST AID

- An evidence-based training* for adults and teens that:
 - introduces participants to risk factors and warning signs of mental health challenges,
 - builds understanding of early intervention, and
 - teaches how to appropriately support and intervene.
- [Youth MHFA](#) - an in-person course for adults that focuses on identifying mental health challenges, helping during a crisis, and connecting young people to professional, peer, social, and self-help care.
- [Teen MHFA](#) - a certificate program that teaches teens ages 15-18 to identify, understand and respond to signs of mental health and substance use challenges in themselves and their peers and how to connect them to a responsible, trusted adult.

* National Council for Mental Wellbeing



Contact us to
schedule an
appointment

518-482-8856
info@jfsneny.org

Jewish Family Services
NORTHEASTERN NEW YORK



SUPPORTING THE COMMUNITY
SINCE 1854



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PIONEER

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