



## What and Who:

Youth Connect (YC) is a new prevention and emotional/mental health support program designed and launched by OLA for middle and high school students. Our crisis counseling team is led by a Program Director who is a Licensed Master Social Worker (LMSW).

## Why:

Over the last 6 years OLA's family workshops, youth mental health care access survey, in-school workshops, leadership dinners, Youth Summit, and internship program have given us a deeper understanding of our youth's mental and emotional health needs. YC supports students in the ways they have asked to be supported:

**Anonymous, Free, Confidential, Spanish/English, Text/Call/Email**

## How:

Students can text, call, or email trained crisis counselors for free, anonymous, confidential, and nonclinical support and guidance in Spanish or English.

## More than just a helpline:

YC works to strengthen key support systems that young people need to thrive: Parents/Guardians, Schools, Houses of Worship, Peers, and Therapists.



Works to ensure that students understand and feel comfortable accessing the emotional health care support that school districts may already offer.



Offers parent/caregiver workshops featuring local experts and youth leaders who share how best to support adolescents when they struggle with anxiety, depression, substance abuse, eating disorders, self-harm, and more.



Offers workshops and presentations for faith leaders and congregations to deepen their understanding of adolescent mental and emotional health needs.



Provides in-school presentations to share tools and practices that support emotional health. Students learn how to manage their stress and communicate their needs, and peers learn how to support each other.



Helps provide access to private mental health care providers.

## Why OLA:

A healthy future requires that we listen carefully to the needs and solutions our youth present. OLA's youth-focused work and leadership of NYS's "Project Hope: Coping with COVID" crisis counseling program on the East End have inspired us to develop Youth Connect to provide support, guidance, and assurances to young people that they are not alone and that their voices are powerful. OLA is committed to working with all youth and to living out our core values of diversity, equity, and inclusion.

## TEXT, CALL OR EMAIL

[youthconnect@olaofeasternlongisland.org](mailto:youthconnect@olaofeasternlongisland.org)

**(631) 810-9010**

**Spanish and English  
7 days a week, 9 am to 11 pm**

