

# Healthy Minds

COMPREHENSIVE TEEN PROGRAM

The Healthy Minds Comprehensive Teen Program is an online therapeutic program designed to help teens struggling with mental health concerns including (but not limited to) depression and anxiety. This virtual program provides a supportive and structured treatment experience that is tailored to help youth make meaningful changes to their life and wellbeing.

## WHO IS THE PROGRAM FOR?

- Teens aged 14 to 18 (grades 9 to 12) who are struggling with mental health
- Caregivers who are looking for education and coaching to better support their teen

## THE SIX-MONTH PROGRAM INCLUDES:

- 9 weeks of therapy
- 2 hours of group sessions and 50 minutes of individual counselling per week
- Education on developing understanding and coping techniques, such as Acceptance and Commitment Therapy (ACT) and Dialectical Behaviour Therapy (DBT)
- 4 months of bi-weekly aftercare groups for long-term recovery
- Access to corresponding Wagon app with specialized content for teens
- 12 hours of dedicated caregiver support and education

## BENEFITS

- Developed and led by clinicians specializing in Child and Youth Mental Health
- Convenient online access with no disruption to school schedules
- Integrated caregiver programming to enhance youth support
- Combination of talk therapy and interactive exercises
- Opportunity to connect and build a support network with like-minded individuals
- Media, music and game-based mindfulness to keep teens engaged
- General mental health and dynamic coping strategies for youth
- Evidence-based therapies and trauma-informed care
- Regular outcome measurement and reporting
- Progress reports for caregivers and referring professionals
- Discharge recommendations for next steps post-treatment

EHN Online has proudly partnered with New Start Foundation to offer fully subsidised spots to those who qualify for financial assistance. Learn more at [newstartfoundation.ca](https://newstartfoundation.ca)