

# Progression

A FREE course designed for teens with mental health conditions

Do you worry about your teenager's mental health? Do they feel alone and isolated? One in five people experience mental health conditions - many are teens. Your teen is invited to a FREE six-week course about mental illness that is designed just for them. They'll learn about the causes, symptoms, treatment, recovery, and tips for leading a full, enriching life. Classes are taught through readings, group discussions, phone apps, art projects, videos, music, and more.



## New Courses Starting Soon

Pre-registration is required.  
For more information contact:  
Marjorie at (385) 246-5931  
[saltlakeprograms@namiut.org](mailto:saltlakeprograms@namiut.org)

## Location

Primary Children's Hospital  
at Wasatch Canyons  
5770 South 1500 West, Building G  
Salt Lake City, UT 84123

## What are Teens Saying?

*"Very excellent class that I like to come to, not because I have to but because I WANT to."*

*"I gained so much insight and I looked forward to the classes every week."*

*"It was a great class. I especially loved meeting others with similar experiences."*

*"After participating I was re-inspired to get better with my OCD."*

