



## BEHAVIORAL HEALTH

# Safe Pathways Program

This program is designed to provide a safe and inclusive space for BIPOC and LGBTQ+ youth (ages 10-24) who may be at risk of self-harm or suicide. Our team is here for you.



## You Are Not Alone

Are you struggling with your emotions or experiencing any of the below? If so, our Safe Pathways program may be able to help.

- Difficulty concentrating or making decisions
- Isolation from family or friends
- Changes in eating or sleeping habits
- Constant feelings of sadness or hopelessness
- Anxiety or panic attacks



## Services and Benefits:



**Free Counseling:** Feel heard and understood by talking with our experienced team members.



**Support Groups:** Join a safe space and connect with others experiencing similar concerns.



**Family Counseling:** Strengthen relationships with your loved ones with professional guidance.



**Connection to Resources:** Get connected to community resources that can help support you.

Wherever you are in your personal experience, we welcome you to reach out and join the program.

**This program is free of charge.**

**Call to speak with someone on our Safe Pathways team at 718-840-4988.**

*In case of an emergency or if you need immediate assistance, please call 911 or 988.*

Visit [vnshealth.org](https://vnshealth.org)