

# ARE YOU A TEEN 13-19 YEARS OLD? FEELING OVERWHELMED, DOWN, OR BLAH?



**Path 2 Purpose (P2P)** is a free, voluntary program for teens who want to improve their mood and learn coping skills.

## Who can participate?

- Teens 13-19 years
- Able to read and speak English
- Own and use a computer, tablet, or smartphone with access to the internet
- Not in regular counseling or therapy

## What's involved?

- Participate in one of two different 14-session programs that teach coping skills to reduce stress
- Parent interventions
- A few meetings with our research team
- Periodic phone calls from our research team
- You can quit at any time if you decide it is not right for you
- You do not have to pay anything



**Learn more at:**  
1-877-268-PATH (7284)  
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