

Teen Health & Wellness

real life · real answers

Dear Professional School Counselor,

We are excited to let you know that your school has access to the award-winning **Teen Health & Wellness**, which provides up-to-date, nonjudgmental curricular and self-help support to teens. Updated to meet the needs of today's teens, **Teen Health & Wellness** offers the features counselors and students expect and rely on:

- Safe, private, and unbiased information
- Content thoroughly reviewed by leading professionals in medicine, mental health, nutrition, guidance, and career counseling
- Authentic, first-person teen narratives as well as projects to share personal stories and create PSA videos
- Customizable 24/7 hotlines and text lines page with local community resources
- Free *Teen Hotlines* mobile app for 24/7 access to hotlines, help lines, and websites
- Instant translation into over 100 languages, including Spanish, French, Chinese, Russian, Arabic, Korean, and more
- Text-to-speech and enhanced text visibility ensures all learners can read and succeed
- Educator resources including user reference guides, robust program ideas, and promotional materials

Help Teens Become College-Prepared and Career-Ready:

- Prepares students for the future with articles on applying to college, renting an apartment, interviewing for a job, creating a budget, and more
- Hones digital literacy skills such as online research skills, online privacy, search engine tools, smartphone and social networking safety, and more
- Gives students tools for success with content on communication, critical thinking, leadership, teamwork, time management, public-speaking skills, and more

Lend Bullying Prevention and Mental Health Support:

- Customizable hotlines page allows counselors to add their own content
- Articles support a diverse student population, including LGBTQ teens, and provide tools to address bullying and cyberbullying, gender identity, suicide, school violence, discrimination, and more
- Teens relate to others who are dealing with the same issues through the Personal Story Project, and have the opportunity to share their own personal stories
- Dr. Jan's Corner provides answers from a licensed psychologist to real questions from middle and high school students

Accessing Teen Health & Wellness

Log on to **Teen Health & Wellness** at teenhealthandwellness.com or on your school or library's database resource page.

Sincerely,
The Rosen Digital Team

Teen Health & Wellness

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HOME

Librarian/Educator Resources

Teen Health & Wellness offers an extensive array of resources to help librarians and educators get the most out of their database subscription. From program ideas and promotional materials to curriculum correlations and training tools, you will find all the tools you need to support your teen users here.

To receive the latest on exciting new features of **Teen Health & Wellness**, proven promotional and programming ideas, and advice to best serve your teen users, simply [send us your email address](#).

Be sure to check out all the resources available in the menu to the left!