Teen

SUPPORTING THE WELLBEING OF OUR TEENS

Yaakov Barr
CBT Psychotherapist
Clinical Supervisor
CEO Founder Jteen
Author of Mastering Your Mind

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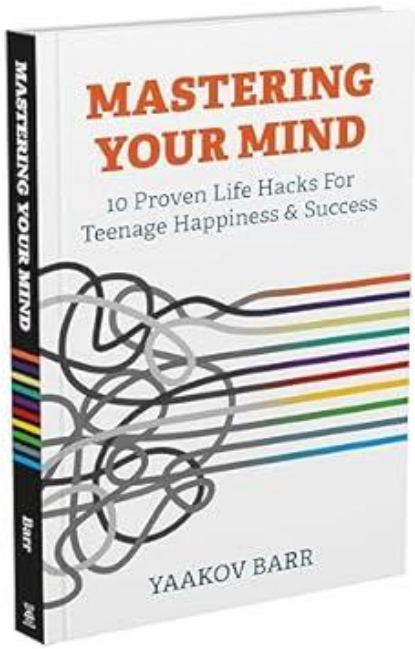
MASTERING YOUR MIND
10 Proven Life Hacks For Teenage Happiness & Success
YAAKOV BARR
MASTERING YOUR MIND
Barr

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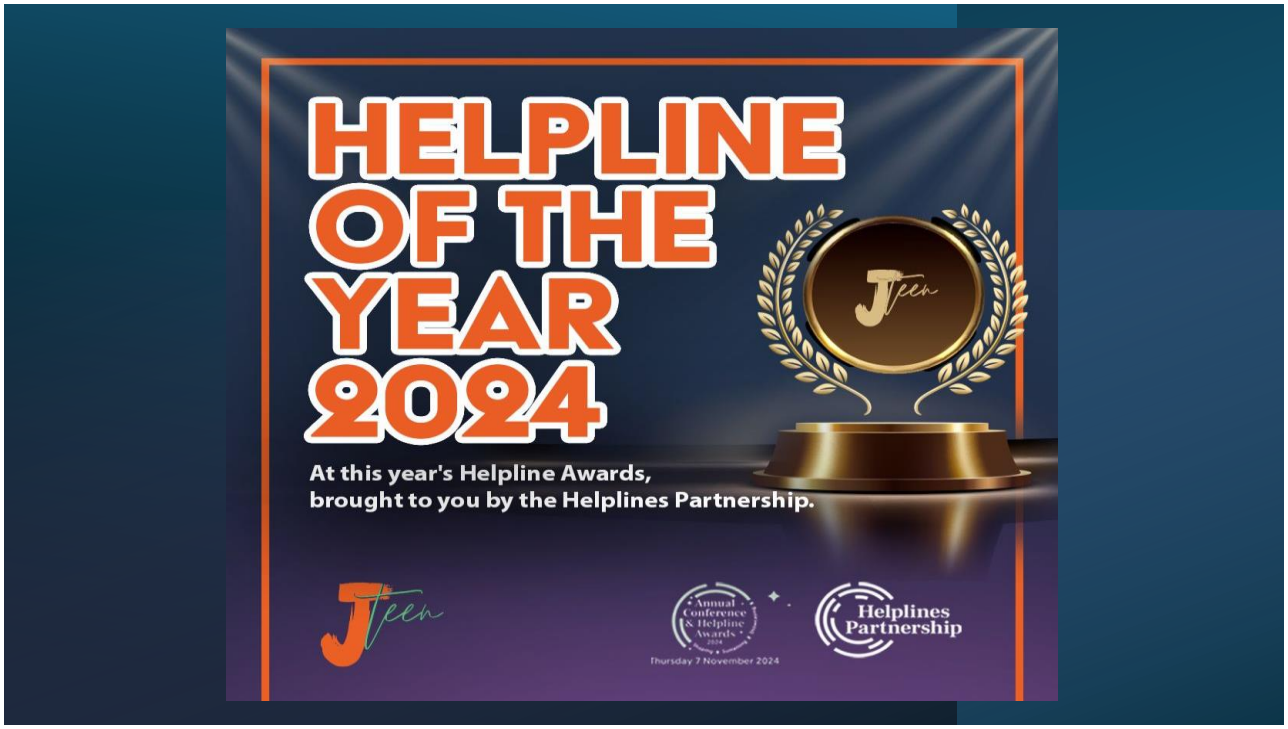
HELPLINE OF THE YEAR 2024
At this year's Helpline Awards,
brought to you by the Helplines Partnership.
Jteen
Annual Conference & Helpline Awards 2024
Thursday 7 November 2024
Helplines Partnership

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CEASE GENOCIDE
ALUMNI FOR PALESTINE
BY ANY MEANS NECESSARY
@WOLPALESTINE

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WE ARE
JSTUDENT
STRUGGLING AT UNI?
WE'RE HERE FOR YOU.
University life can be challenging, but you're not alone. Whether it's stress, worries, friendships, loneliness or you're just not feeling your best, our award winning supportline is here for you
Jstudent

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BRAND NEW PODCAST
BETWEEN THE LINES!
POWERED BY Jteen
EPISODE 1 SUNDAY 6TH OF JULY
HOSTED BY YAAKOV BARR
Together with BatSheva Netzer
GUEST
SARAH COHEN
TELLS HER STORY
BENEATH THE SURFACE
TEENS, BODY IMAGE & EATING DISORDERS
Available to watch on YouTube and listen on Spotify
www.jteen.co.uk

BRAND NEW EPISODE
FROM EYGPT TO STAMFORD HILL
HEALING MINDS
BETWEEN THE LINES!
POWERED BY Jteen
GUESTS
PROFESSOR AHMED EL-MISSIRY & JOEL SNITZER
Professor Ahmed El-Missiry, an Egyptian-born psychiatrist, and Joel Snitzer, a Chasid from Stamford Hill, join psychotherapist Yaakov Barr to share how Yosef Chai is breaking barriers and making psychiatric care affordable and accessible proving that when people unite, everyone benefits.
EPISODE 8 | SUNDAY 26.10.25
This podcast is for Adults & Parents
Available to watch on YouTube & listen on Spotify
@jteensupport
www.jteen.co.uk

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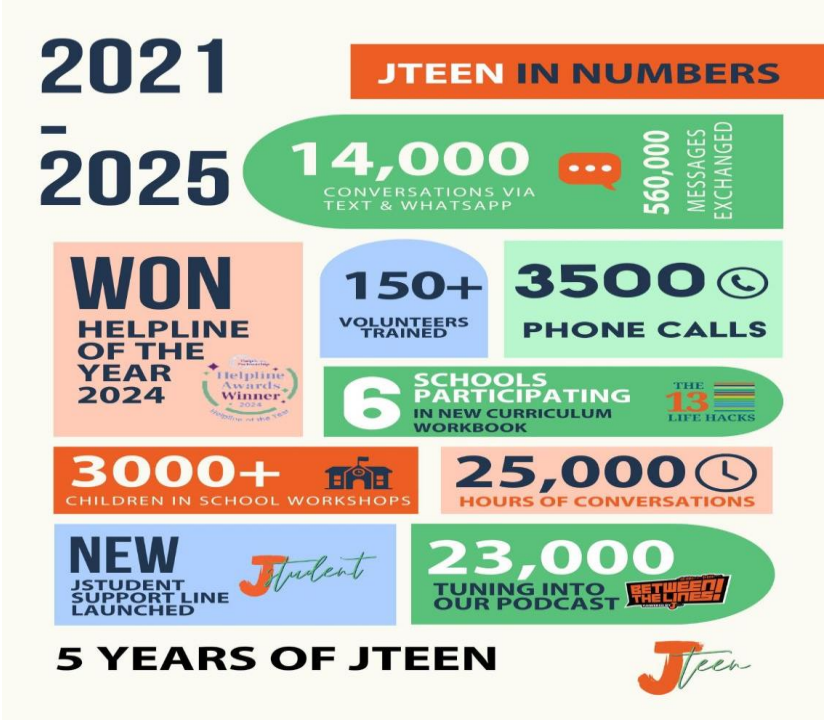
2021
-
2025
JTEEN IN NUMBERS
14,000
CONVERSATIONS VIA TEXT & WHATSAPP
560,000
MESSAGES EXCHANGED
WON
HELPLINE OF THE YEAR 2024
Helpline Awards Winner 2024
150+
VOLUNTEERS TRAINED
3500
PHONE CALLS
6
SCHOOLS PARTICIPATING IN NEW CURRICULUM WORKBOOK
THE 13 LIFE HACKS
3000+
CHILDREN IN SCHOOL WORKSHOPS
25,000
HOURS OF CONVERSATIONS
NEW
JSTUDENT SUPPORT LINE LAUNCHED
Jstudent
23,000
TUNING INTO OUR PODCAST
BETWEEN THE LINES
5 YEARS OF JTEEN
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MASTERING YOUR MIND
WORKBOOK

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