



# BUILDING RESILIENCE IN YOUTH (BRY)

Building Resilience in Youth (BRY) focuses on supporting mental health in New Yorkers aged 13-21.

## What will BRY offer me?

- Support from a counselor
- Skills to manage stress and build resilience
- Connections to resources

## The BRY Program has 5 steps:

- 1 How Are You: Screening**  
You'll answer a few questions about how you've been feeling
- 2 Protecting Your Privacy: Discussing Confidentiality**  
We'll discuss how we protect your confidentiality, like at a doctor's office.
- 3 Getting to Know You: Interview & Questionnaire**  
We'll have a session to learn a little bit more about you and what your needs are to help support you.
- 4 Learn Stress Management Skills**  
We'll work together to identify your strengths, goals, and areas for growth and teach you how to better manage stress.
- 5 Get Connected**  
BRY Staff may also connect you to additional resources as needed.

### For Further Information Contact:

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These resources are brought to you by the Center for Innovation in Mental Health at the CUNY Graduate School of Public Health (CIMH) and the NYC Department of Health.