



FINDING A LIFE-LINE

“Michael” is a trans teen who said that until he found the Compass Teen support group, he felt that he was completely alone and that no one could understand the challenges he was facing. He described the sense of relief he experienced upon being welcomed into the Compass Teens group as being thrown a life-line.

Michael’s mom seemed to have felt even more alone than her son as she struggled to find ways to gain understanding and support him. She found that the resources and knowledge of a highly specialized therapist made a huge difference, not only for her son, but for their whole family.

As “Michael” gets ready to head to college next year, he says he’s grateful to know that there are millions of people like him and to have found ways to overcome the negative impact his experiences had on his mental health. For “Michael” FCS was a safe space to find support and acceptance. He recently said, “If you think that therapy isn’t for you, you just need to find another therapist.”