



**Voices4Hope was created by and for teenagers and young adults with mental health challenges as a place where they can talk to each other and gain access to information that will help them live more happy and independent lives.**

**Voices4Hope offers you:**

- **Tips on how to achieve your goals**
- **Resources to help you overcome certain challenges**
  - **The chance to share your personal story**
  - **The opportunity to join Hot Topic discussions**



**Join us at**

**<http://voices4hope.wikispaces.com/>**

**Voices4Hope is a website created by a group of young adults with mental health challenges that work in the Transitions RTC. Learn more at <http://labs.umassmed.edu/TransitionsRTC>**

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