



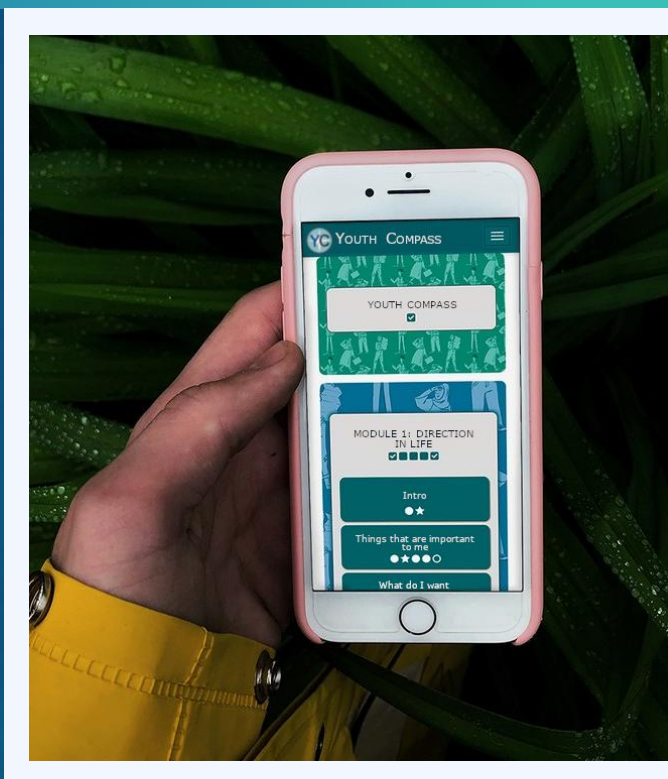
Youth Compass

Exercises for
13-17-year olds
to boost their
well-being



*"A really good program! It helped clear
out my thoughts."*

<https://nuortenkompassi.fi/en/>



**Feeling
low?**



**Unsure about
the future?**

**Worried about
school, friends,
or something
else?**

**Feeling
anxious?**

**Having
motivation
issues?**

The Youth Compass is a program that helps you learn different well-being skills and navigate through your adventures in life. It is suitable for anyone who wants to improve their well-being or think about their life.

The program is five weeks long and has five modules with different exercises. You can pick the topics and exercises that interest you the most.

With just under half an hour of use per week you can benefit from the program.

**Enjoy interesting practice moments with the Youth
Compass!**

Register for free at:

<https://nuortenkompassi.fi/en/>

If you feel like using the Youth Compass isn't enough and you need to talk to someone about your issues, you can always turn to a teacher, guidance counsellor, school psychologist, or nurse.