

BALANCE Study

Building an Affirmative Life and Navigating Challenging Emotions

ARE YOU LGBTQ+ AND STRUGGLING WITH DIFFICULT EMOTIONS?

Join the BALANCE Study – We want to Help!

Do you sometimes feel overwhelmed, sad, or unable to manage your emotions?
If you identify as LGBTQ+ and are between the ages of 14-19, we invite you to join the
BALANCE Study!

We're examining the positive impact of peer counseling and a novel digital mental health application designed with diverse youth for diverse youth to improve emotional well-being. Over the course of 8 weeks, this study provides tools and support to help you manage tough feelings and build a more positive, fulfilling life.

What's Involved?

- 8-week mental health intervention
- Use a MUSE2 headband to track your sleep
- Complete 3 surveys
- Provide simple finger prick blood samples to help us understand how stress affects your body
- 16-week long study

Who Can Join?

- All youth ages 14-19
- LGBTQ+ youth
- Racially diverse youth
- Youth from underserved communities
- If you're experiencing *any* mental health symptoms (feeling down, low energy, stress, etc.)

Why Participate?

- Free access to mental health resources
- Be part of research that aims to improve emotional well-being for LGBTQ+ youth
- Help shape future mental health interventions
- **Earn money** for participation

Interested?
Take our quick survey to see if you qualify:



For more information, please contact: BalanceStudy2024@gmail.com or
Nallely Navarro, Outreach Coordinator, nnavarro@alumrockcc.org

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AND STRUGGLING WITH DIFFICULT EMOTIONS?**

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