



QUEENS PUBLIC LIBRARY

TEENS



TEEN MENTAL HEALTH MONTH

MAY 2026

QueensLibrary.org

TEEN MENTAL HEALTH MONTH

MAY 2026

May is Mental Health Month, and Queens Public Library is proud to join the national movement to raise awareness and fight the stigma that too often surrounds mental health. This month, QPL is dedicating programs, workshops, and resources to the young people in our community, because teen mental health matters.

Throughout May, QPL is offering opportunities designed to help teens understand how modern life impacts mental health, build coping strategies that will serve them now and in the future, and find their voice as advocates for themselves, their families, and their community. Check out our programs on stress management as well as arts and crafts classes, poetry events, booklists and more! Come explore, connect, and take care of yourself.



BRAVE TOGETHER

Brave Together is a welcoming space for youth and young adults to connect, share their experiences, and discover tools for mental wellness. Join us to explore coping strategies, center joy, and learn how to lift each other up. Together, we'll practice everyday empathy, build resilience, and create spaces where everyone feels seen, heard, and valued.

Friday, May 1
4pm

Long Island City
37-44 21 Street, Long Island City

Thursday, May 21
3:30pm

Cambria Heights
218-13 Linden Boulevard
Cambria Heights

Friday, May 29
3:30pm

Central Library
89-11 Merrick Boulevard, Jamaica

INNOVATION STATIONS: HENNA HAND-PAINTING WITH SHAHEEN SULTANA

In honor of Teen Mental Health Month, come get your hands painted with beautiful designs! Henna is a product that is 100% natural and safe for everyone. Made from a powder derived from the leaves of the henna plant, it is mixed with lemon juice and lavender or tea tree oil. Shaheen Sultana is a henna hand-painting artist with years of experience. Supplies are limited. First-come, first-served.

This program is funded by Amazon.

Monday, May 4
3:30pm

Hunters Point
47-40 Center Boulevard
Long Island City

INNOVATION STATIONS: CREATIVE CARE - FACE CARD NEVER DECLINES

Teens, take an instant photograph of yourself and transfer the image using Mod Podge. Then build a mixed-media self-portrait that reflects not just how you look, but who you are. Words, symbols, and colors can be layered to create something that's truly yours. No registration required. This program is funded by Amazon.

Monday, May 4
4pm

Langston Hughes
100-01 Northern Boulevard, Corona

Wednesday, May 13
4pm

Bayside
214-20 Northern Boulevard, Bayside

Wednesday, May 27
4pm

Ozone Park
92-24 Rockaway Boulevard
Ozone Park

**INNOVATION STATIONS:
CREATIVE CARE - CLOSE
FRIENDS**

Teens, assemble and decorate a personal wooden box using pre-laser cut MDF pieces that snap together. The exterior will represent what you show the world, with bold patterns, symbols, and color. The interior will represent your private, protected space and may hold a hidden message, a contrasting design, or simply be left raw. This workshop will explore the relationship between what we hold close and what we choose to share. This program is funded by Amazon.

Tuesday, May 5
3:30pm
Peninsula
92-25 Rockaway Beach Boulevard
Rockaway Beach

Friday, May 8
4pm
Woodside
54-22 Skillman Avenue, Woodside

Tuesday, May 12
4pm
Bayside
214-20 Northern Boulevard
Bayside

VR TECH LAB

In honor of Teen Mental Health Month, this beginner-friendly VR program invites teens to explore how immersive technology can support relaxation and emotional wellness. Participants will learn the basics of virtual reality through guided, supervised experiences that encourage mindfulness and wellness,

using calming digital environments and exploratory activities. Registration is required. Please note: a signed VR consent form is required before participation, and parent/guardian permission is needed for participants under 18. This program is free and open to all teens and young adults ages 12-19 years old. Registration is required.

Tuesdays, May 5, 12, 19, 26
3pm
Cambria Heights
218-13 Linden Boulevard, Cambria Heights

Register: <https://queenslib.org/4mJqZmM>
Tuesdays, May 5, 12, 19
4pm
Long Island City
37-44 21 Street, Long Island City

Register: <https://queenslib.org/4b9UmzB>
Wednesdays, May 6, 13, 20, 27
5:30pm
Central Library
89-11 Merrick Boulevard, Jamaica

**WE GON' BE ALRIGHT - LOVE,
IDENTITY & BELONGING**
Inspired by the lyrical genius of Kendrick Lamar and the literary brilliance of James Baldwin, this Love, Identity & Belonging workshop invites participants to explore identity, healing, and social change through embodied practices using breathwork and meditation.

Monday, May 11
4pm
Ozone Park
92-24 Rockaway Boulevard
Ozone Park
This program is funded by Amazon.

Thursday, May 14
4pm
Long Island City
37-44 21 Street, Long Island City

Monday, May 18
4pm
Lefferts
103-34 Lefferts Boulevard
Richmond Hill
This program is funded by Amazon.

**INNOVATION STATIONS:
CREATIVE CARE - GLITCH**
Drawing inspiration from the Japanese art of kintsugi in which artists repair broken pottery with gold, teens will work with broken ceramic tiles or fragments to create a small mosaic piece. Using metallic grout or gold paint, we will highlight rather than hide the cracks. This workshop reframes repair and imperfection as part of the design, not something to erase. This program is funded by Amazon.

Monday, May 11
4pm
Langston Hughes
100-01 Northern Boulevard
Corona

Tuesday, May 12
3:30pm
Peninsula
92-25 Rockaway Beach Boulevard
Rockaway Beach

Wednesday, May 13
4pm
Ozone Park
92-24 Rockaway Boulevard
Ozone Park

Tuesday, May 19
4pm
Bayside
214-20 Northern Boulevard
Bayside

Friday, May 22
4pm
Woodside
54-22 Skillman Avenue, Woodside

**INNOVATION STATIONS:
RESILIENCE AND STRESS
MANAGEMENT WORKSHOP**
The Resilience and Stress Management Workshop is designed to teach students how to effectively cope with stress, setbacks, and adversity while building resilience in the face of everyday challenges. Through guided discussion and interactive activities, students will be introduced to practical techniques for stress management, relaxation, and self-care that support their emotional well-being and personal growth. This program is funded by Amazon.

Wednesday, May 13
3:30pm
Far Rockaway
1637 Central Avenue, Far Rockaway

Wednesday, May 27
4pm
Lefferts
103-34 Lefferts Boulevard
Richmond Hill

**INNOVATION STATIONS:
CREATIVE CARE - LOW KEY**

Teens, join us to work with clay or found materials to create simple sculptural forms through repetition and sustained attention. The emphasis is on process, pressure, and presence, not meaning or explanation. There is no requirement to tell a story or share what it's "about." Just make!

This program is funded by Amazon.

Tuesday, May 19

3:30pm

Peninsula

92-25 Rockaway Beach Boulevard
Rockaway Beach

Tuesday, May 26

4pm

Bayside

214-20 Northern Boulevard, Bayside

**INNOVATION STATIONS:
YOU'RE A POET, TOO!
¡TÚ TAMBIÉN ERES POETA!**

English: Poetry has always been a vehicle of community-building and gathering in NYC. In these critical times, let's pause and re-engage with our innate creativity and joy. You're a poet, too! Yes, you! Together, we will draw inspiration from curated prompts and the creative energy of our neighbors, leading to an informal and optional poetry sharing from what we create. Every person comes to this workshop with a style of their own, and together, we'll lean into our unique style and build on it, drawing from the work of June Jordan's "Poetry for the People." Avid poets will gain a

community of support, while beginner poets will be welcomed in - we all have things to learn from each other!

Spanish: La poesía siempre ha sido un medio para construir comunidad y reunirse en la ciudad de Nueva York. En estos tiempos críticos, hagamos una pausa y volvamos a conectar con nuestra creatividad y alegría innatas. ¡Tú también eres poeta! ¡Sí, tú! Juntos nos inspiraremos en propuestas cuidadosamente seleccionadas y en la energía creativa de nuestros vecinos, lo que nos llevará a una lectura informal y opcional de poesía basada en lo que creemos. Cada persona llega a este taller con su propio estilo y, juntos, nos apoyaremos en ese estilo y lo desarrollaremos, inspirándonos en la obra "Poetry for the People" de June Jordan. Los poetas apasionados encontrarán una comunidad de apoyo. Y si eres nuevo en la poesía, estamos deseando darte la bienvenida. Todos tenemos algo que aprender unos de otros.

Wednesday, May 20

3:30pm

Far Rockaway

1637 Central Avenue, Far Rockaway
This program is funded by Amazon.

Thursday, May 21

4pm

Long Island City

37-44 21 Street, Long Island City

Mental Health Awareness Month Resources

NYC 988: Suicide & Crisis Lifeline (call or text 988)

NYC 988 is your connection to free, confidential mental health and substance use support, available 24 hours a day, 7 days a week, 365 days a year, in over 200 languages.

NYC Department of Health: Health Topics: Mental Health

Learn about the City's mental health and substance use resources and services. nyc.gov/site/doh/health/health-topics/mental-health.page

NYC Department of Health: NYC Teenspace

Teenspace provides free mental health support through licensed therapists to teens in NYC.

nyc.gov/site/doh/health/health-topics/teenspace.page

NYC Mayor's Office of Community Mental Health: Resource Guides + Toolkits

Guides and toolkits providing information, resources, and skills to promote emotional well-being.

mentalhealth.cityofnewyork.us/resource-guides-toolkits

The Mental Health Coalition

The Mental Health Coalition is a collective of influential and respected nonprofits, mental health organizations, and experts who are working together to end the devastating stigma surrounding mental health.

thementalhealthcoalition.org

National Institutes of Health: Social Wellness Toolkit

A toolkit for learning new strategies and ways to improve your social well-being.

nih.gov/health-information/your-healthiest-self-wellness-toolkits/social-wellness-toolkit

Safe Horizon, 1-800-621-HOPE (1-800-621-4673)

Safe Horizon provides assistance, advocacy, and support to victims who have experienced domestic violence, child abuse, sexual assault, stalking, human trafficking, youth homelessness, and other crimes.

Therapy for Black Girls

An online space dedicated to the mental wellness of Black women and girls; you can also use this resource to locate mental health professionals in your area.

providers.therapyforblackgirls.com



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We speak your language.

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89-11 Merrick Boulevard, Jamaica
718-990-0778