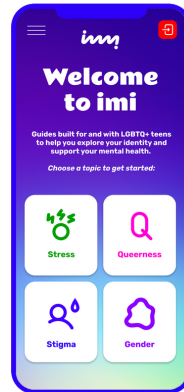
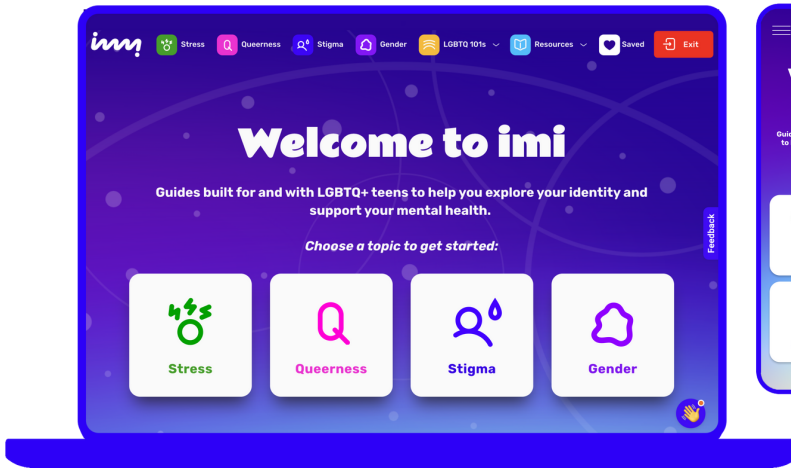




imi (sounds like eye-me) is a free, digital, science-backed mental health tool created for, and with, LGBTQ+ teens to learn coping skills, hear stories from queer teens, and explore resources that affirm intersectional identities and boost mental health.

We invite supportive adults, teachers, and counselors, to share imi with their students. Research shows that just 10 minutes with imi can help teens develop positive coping skills and mindsets.



- **free to use**; no account creation or login needed
- **accessible from any device** with a web browser and internet connection
- **'quick exit' button for added privacy**
- **resources to help LGBTQ+ teens cope with stress** through interactive activities, videos and stories

visit and share imi at www.imi.guide

additional helpful links

- [free, printable posters](#) with artwork from young LGBTQ+ artists
- [additional resources](#) (postcards, messaging, images) for sharing imi
- imi's [instagram](#) account
- [research](#) explaining the impact imi has on mental health of LGBTQ+ teens
- questions? email us at hello@imi.guide

what are teens saying?

"imi is for queer people, by queer people, to help everyone."

- Rene, 15, Latine, male, Mississippi

"Before imi, I was questioning whether I was bisexual or pan and I felt the need to put a label on it. After imi, I realized that it's okay to not label anything and not have a label at all"

- Sasha, 15, Black, female, Ohio

"imi is a well-rounded tool that encompasses the beauty and hardship of being LGBT and navigating being LGBT."

- Ben, 17, White, genderqueer, Arizona

