

# Recovery: An Exploration of Youth Mental Health

Youth Underground performs original plays that investigate social issues relevant to young people. "Recovery" is drawn from interviews with YU teens and members of their community, exploring the theme of youth mental health. "Recovery" considers questions like, "Why do we only address mental health when there's a crisis?", "Why do adults often seem dismissive or unprepared for youth mental health challenges?" Program runs 40-60 minutes, including a Q&A with the performers.

**Program Type** [Single](#)

**Time** 1 hour

**Language** English

**Audience** Youth 13+

**Season** Fall, Spring, Winter

**Topic** Education

**Region** Boston, Central, Metro Boston

**Program Contact**

Kortney Adams, Central Square Theater's Youth Underground

**Phone** [6173074257](tel:6173074257)

**Email** [kaa@centralsquaretheater.org](mailto:kaa@centralsquaretheater.org)