

# Mental Health Essentials for Beyond High School



## ABOUT THE PROGRAM

**4-module program for juniors & seniors in high school as they prepare to transition to post-secondary education and/or employment**

Students will learn how to recognize the signs and symptoms of mental illness, when to get professional help, how to design a fulfilling life as they move into independence, and how to use strategies for healthy coping & self-care.

Available as

- **A live training** with MHC trainers delivering the 4 modules to students directly
- **A train-the-trainer** model whereby schools are given all resources needed to implement the training themselves in perpetuity

*Evidence-based*

*Delivered by experienced clinicians and educators*

*Offered virtually or in-person*



**Mental Health Collaborative** is a nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: obtaining and maintaining good mental health, understanding mental illnesses, decreasing stigma, and knowing when, where, and how to get help. Our programs are backed by Mental Health America, the JED Foundation, and the National Academy of Health and Physical Literacy.

To learn more about this program, contact  
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