

Mental Health Essentials Student Curriculum



ABOUT THE PROGRAM

- **4-hour training provided to teachers who will implement the evidence-based mental health literacy curriculum in their classrooms**
- Train-the-trainer model: MHC Educators train teachers and provide all materials needed to deliver the curriculum in perpetuity. This is a one-time cost.
- Best suited to a single grade, ranging from grades 7-10
- Designed to be taught sequentially in 6-12 hours of class time
- Curriculum aligns with National Health Education Standards and CASEL Competencies
- Includes 1 year of data collection and analysis
- Lifetime access to our curriculum materials as we make updates and our Community of Practice

*Evidence-based
(see our [data report](#))*

*Decreases stigma &
suicidality in students*

*Improves mental health
knowledge, help-seeking,
and school culture*

*Improves stress and
general well-being of both
students and teachers*

"I knew something wasn't right, but I didn't have the words for it. This was the best class —with really important information that we all need!"

8TH GRADE STUDENT

