

Mental Health Essentials for Young Adults



ABOUT THE PROGRAM

2-hour self-paced e-course for young adults ages 18-25

Young adults will learn:

- strategies for healthy coping and self-care
- how to recognize the signs and symptoms of mental illness and when to get professional help
- how to develop healthy relationships
- how to manage transitions during this stage of life
- how to design a fulfilling life as they move into independence

Evidence-based

*Developed by
experienced clinicians*

*Features diverse young
adult voices*

Anonymized data and analytics are available upon request.



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 us at
508-625-1660, info@mentalhealthcollaborative.org
or visit mentalhealthcollaborative.org