

# Mental Health Essentials Beyond High School



## ABOUT THE PROGRAM

### High school juniors & seniors will learn to:

- Recognize the signs & symptoms of mental illnesses
- Identify when, where, & how to access professional support
- Explore ways to design a fulfilling life as they transition to independence
- Apply strategies for healthy coping & self-care

**Direct Delivery:** 2 hours or 4 hours, **Train-the-Trainer:**\* 4 hours

\*At least one mental health professional must participate for your organization to be eligible for the Train-the-Trainer model

*Evidence-based*

*Delivered by experienced  
clinicians and educators*

*Offered virtually or  
in-person*

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“This program helped me better understand mental illnesses...  
and I really enjoyed learning techniques to mitigate my stress.”

HIGH SCHOOL SENIOR



**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](mailto:info@mentalhealthcollaborative.org)  
or visit [mentalhealthcollaborative.org](http://mentalhealthcollaborative.org)