

Mental Health Essentials: Foundations for Teens



ABOUT THE PROGRAM

Middle & high school students will learn to:

- Develop an understanding of mental health & mental illnesses
- Examine stigma & its impact on seeking help
- Identify when, where, & how to access professional support
- Strengthen skills for maintaining their own mental health & supporting peers

Direct Delivery: 60 minutes or 90 minutes

Train-the-Trainer:* 2 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*

“It really helped me see topics that I thought I knew well in a different light and understand what others go through better.”

HIGH SCHOOL STUDENT



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