Mental Health Essentials for **Young Adults**

ABOUT THE PROGRAM

Young adults will learn to:

- Apply strategies for healthy coping & self-care
- Recognize the signs & symptoms of mental illness & know when to seek professional help
- Develop & maintain healthy, supportive relationships
- Navigate transitions during this stage of life
- Explore ways to design a fulfilling life during the move toward independence

Self-paced e-course: 2 hours, accessible via computer, tablet, or mobile phone. Anonymized data and analytics are available upon request.

Evidence-based

Developed by experienced clinicians

Features diverse young adult voices

"Thorough, well-structured, and up-to-date...I plan to incorporate [the skills I learned] into my everyday life!

YOUNG ADULT

Mental Health Collaborative

is a 501(c)3 nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: decreasing stigma, understanding mental illnesses, promoting positive mental health, and enhancing help-seeking efficacy. Our programs are backed by NAHPL, the JED Foundation, and the National Center for School Mental Health.

To learn more about this program, contact us at 508-625-1660, info@mentalhealthcollaborative.org or visit mentalhealthcollaborative.org

Ask us about our Champion of MHL Seal :