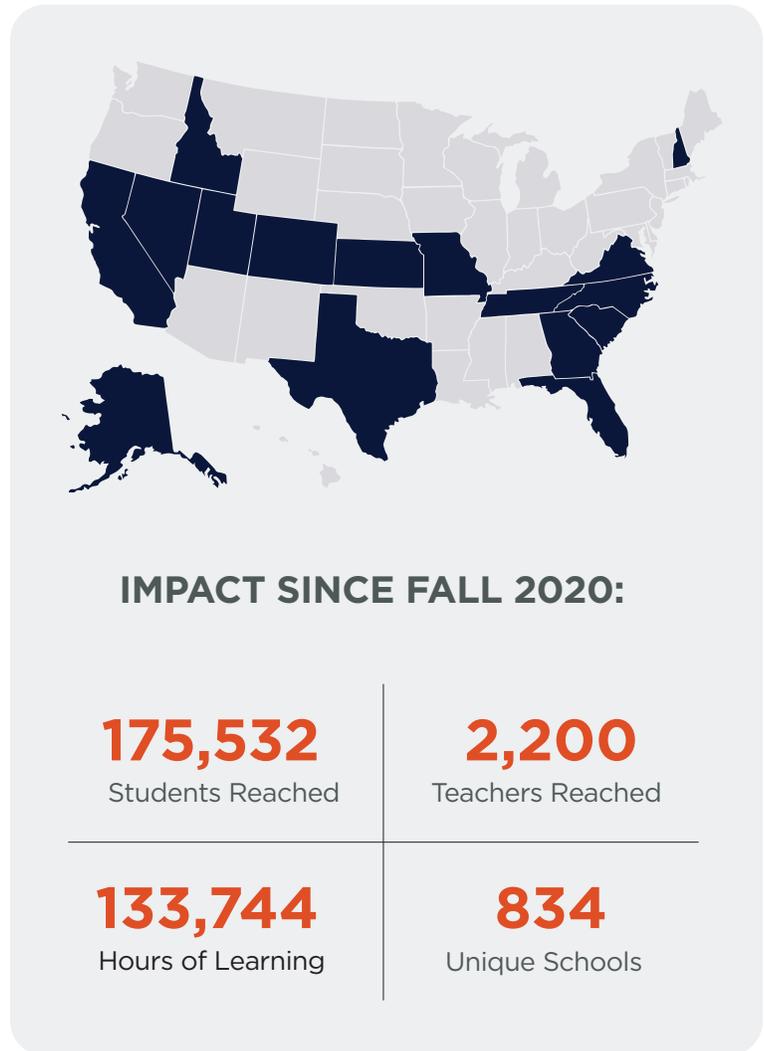


# Empowering Students with Critical Mental Health Education

| 2020-2023 |

Since the Fall of 2020, HCA Healthcare has partnered with EVERFI, an international technology company driving social impact through education, to bring a digital mental health education initiative to key communities across 17 states nationwide.

The *Understanding Mental Wellness* program is designed to empower students with the knowledge and skills necessary to build, maintain and promote positive mental health in themselves and their peers.



“ I like that the person who is going through the module is able to select options about, for example, coping strategies that work for them. It makes it feel more personalized.”

*HCA Healthcare Student,  
Hamilton County School District, Tennessee*

**TriStar Division**  
*Understanding Mental Wellness*  
**2022-2023 Program Outcomes**



**INCREASING KNOWLEDGE**

**TriStar  
 Divison Impact**

**1,166**

**14**

**22**

**Students**

**Schools**

**Teachers**

**Cumulative**

**2,430**

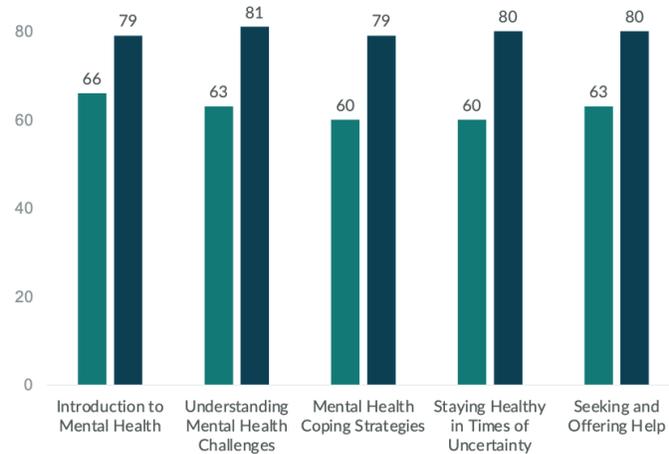
**26**

**47**



Increase in HCA  
 Healthcare's  
 TriStar Division  
 student assessment  
 scores

**81%**



**ENCOURAGING ACTION**

*Understanding Mental Wellness* helped **students build empathy** around mental health issues **which can lessen stigma and encourage them to take action**, by seeking out help for themselves or others.



of students agree they are **confident in know what to do to stay mentally healthy**



of students agree this course helped them to **understand how to help a friend in need**

**PROMOTING SELF-EFFICACY**



Number of students agree that creating a mental health plan helped them feel ready to handle a crisis.

The ability to access and the willingness to use healthy coping strategies — a skillset not all students have the opportunity to develop during the school day — is a critical step in building overall wellness.

**The majority of students agreed they know the strategies they can use, and do use them, after taking *Understanding Mental Wellness*.**