

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.



“ The course teaches me what is healthy for my mental health and what isn't! I liked how easy it was to understand the information in the modules, and learning about all my resources and how much I could help someone struggling.”

*HCA Healthcare Student,
Boise Independent School District, Idaho*

Mountain Division Understanding Mental Wellness 2022-2023 Program Outcomes



INCREASING KNOWLEDGE

Mountain
Division Impact

1,412

Students

21

Schools

24

Teachers

Cumulative

2,019

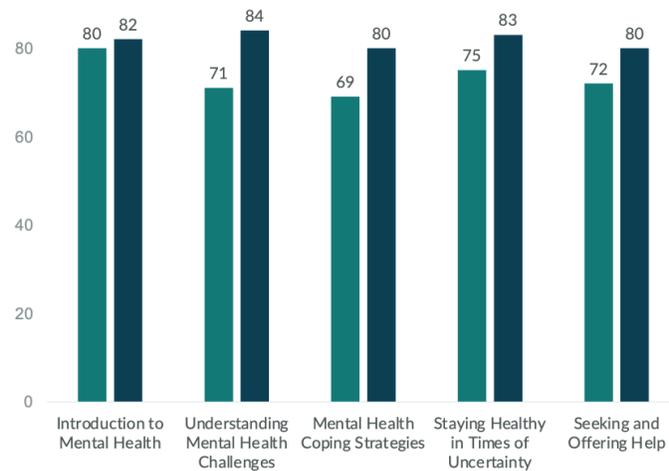
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39



Increase in HCA
Healthcare's
Mountain
Division student
assessment scores

70%



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*.