

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.



“Something I liked about this course is how it helps you out when someone needs someone by their side, and needs support. And especially when you don't know what to do when someone has mentally healthy, the course tells each specific thing about what to do, say, etc.”

HCA Healthcare Student,
Katy Independent School District, Texas

Texas Division
Understanding Mental Wellness
2022-2023 Program Outcomes



INCREASING KNOWLEDGE

**Statistics averaged across all Texas divisions*



Increase in HCA Healthcare's Texas Division's student assessment scores*

74%

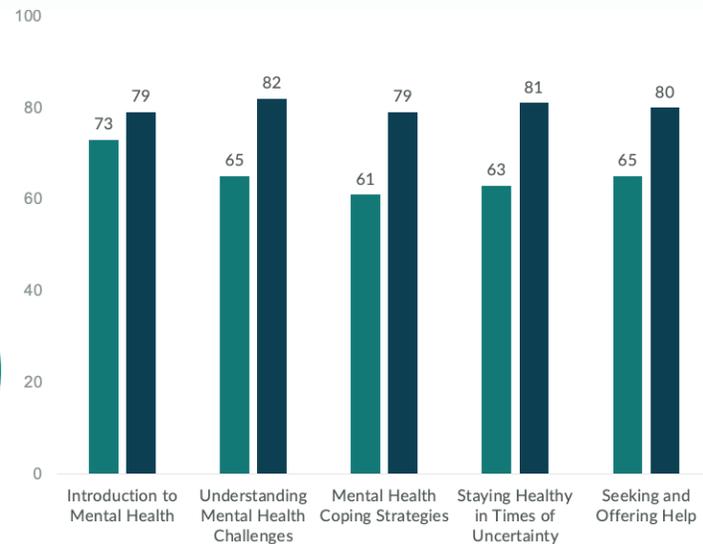
All Texas Division Impact

15,431 **191** **454**

Students **Schools** **Teachers**

Cumulative

41,710 **482** **876**



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.

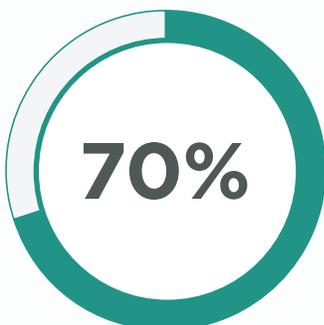


of students agree they are **confident in know what to do to stay mentally healthy**



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*.