

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 liked the way the course explained the way how to support others and how to find different coping strategies to my own mental wellness. Another thing I like about this course is that this help me identify when someone is going through something either big or small, its important. Taught me that I should care my own personal wellness before supporting someone else.”

HCA Healthcare Student,
Hillsborough School District, Florida

West Florida Division Understanding Mental Wellness 2022-2023 Program Outcomes



INCREASING KNOWLEDGE

West Florida
Division Impact

6,564

34

94

Students

Schools

Teachers

Cumulative

17,081

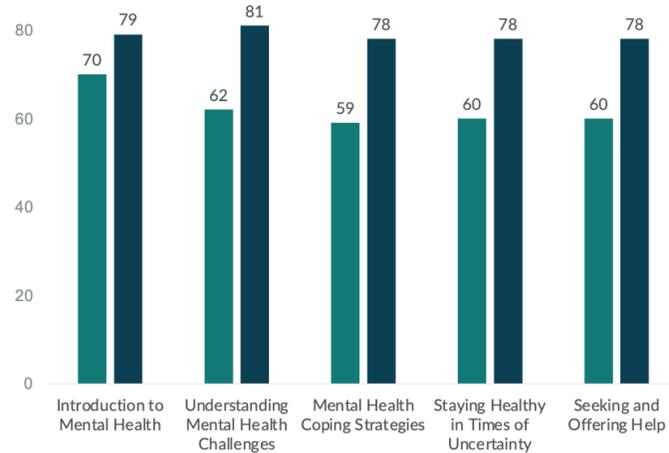
84

242



Increase in HCA Healthcare's West Florida Division student assessment scores*

77%



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*.