

# 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.



“What I liked best about this course is when we discussed different ways to reframe your thoughts and emotions into something more healthier than unkind “self-thoughts”, which is a good way to not be affected by your thoughts and be able to give yourself a bit of that kindness and motivation.”

HCA Healthcare Student,  
Orange County Public Schools, Florida

# North Florida Division Understanding Mental Wellness 2022-2023 Program Outcomes



## INCREASING KNOWLEDGE

North Florida  
Division Impact

**1,835**

**18**

**19**

Students

Schools

Teachers

Cumulative

**69,314**

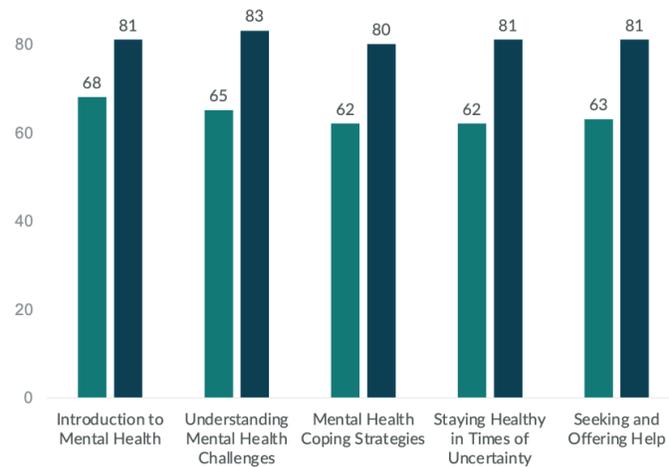
**107**

**283**



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

**78%**



## 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*.**