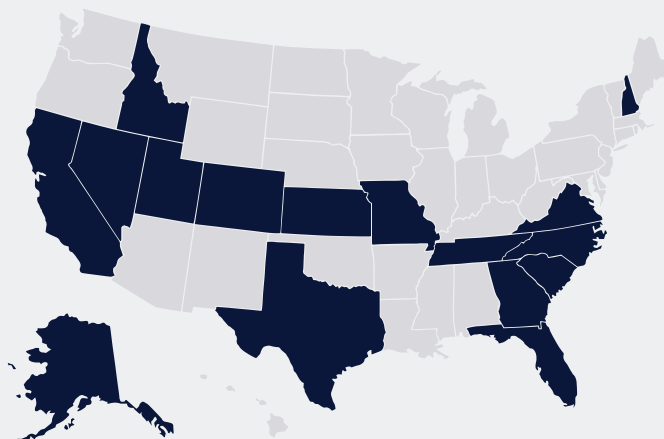


# Empowering Students with Critical Mental Health Education

## | 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.



### IMPACT SINCE FALL 2020:

**175,532**

Students Reached

**2,200**

Teachers Reached

**133,744**

Hours of Learning

**834**

Unique Schools



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.”

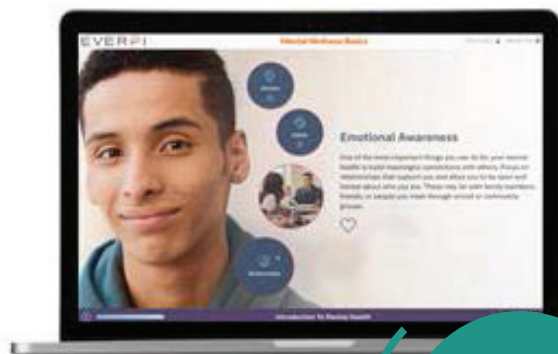
HCA Healthcare Student,  
Hillsborough County School District, Florida

# Florida Division Understanding Mental Wellness 2022-2023 Program Outcomes



## INCREASING KNOWLEDGE

*\*Statistics averaged across all Florida divisions*



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

80%

All Florida  
Division's Impact

9,362

Students

88,890

137

Schools

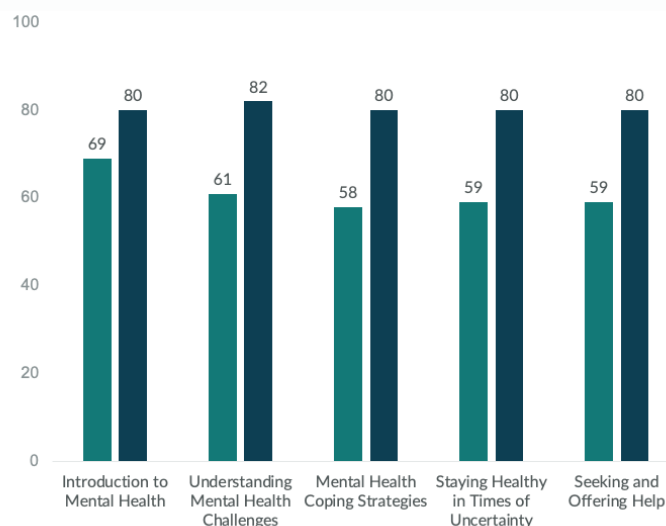
237

69

Teachers

582

Cumulative



## 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.

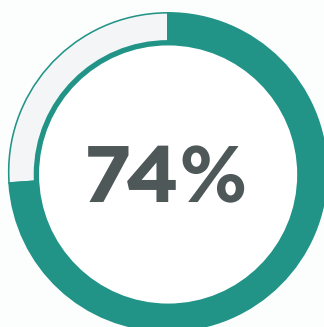


of students agree they are **confident in know what to do to stay mentally healthy**



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*.**