

# 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 importance of stigmatization is important for teens and everyone to understand that their mental health is important and talking about eating disorders was important since it is very stigmatized and not many people know that there are different types and what that can look like. The mental health and suicide prevention links were also a nice touch seeing as though many people struggle with thoughts of self harm and suicide. I also like that this course does not use the phrase "to prepare you in the real world" because it can undermine what young people have gone through. I think that teaching some of the signs of someone having suicidal thoughts was very important for people who are not like me and do not know the signs already!"

HCA Healthcare Student,  
Conejo Valley Unified, California

# Far West Division Understanding Mental Wellness 2022-2023 Program Outcomes



## INCREASING KNOWLEDGE



Increase in HCA Healthcare's Far West Division student assessment scores



Far West Division Impact

**6,716**

Students

**56**

Schools

**108**

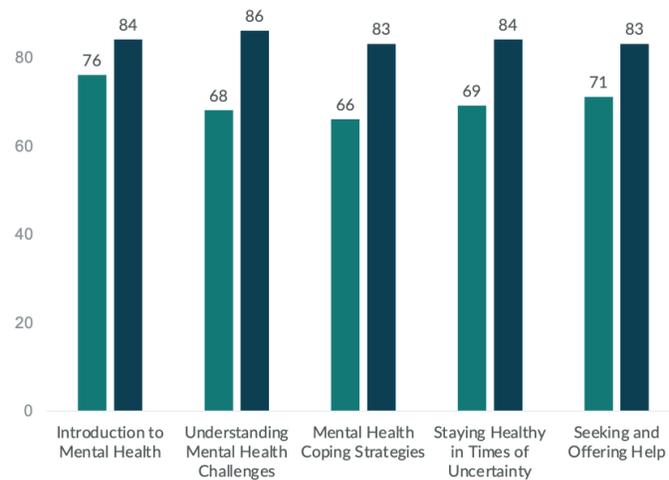
Teachers

Cumulative

**12,873**

**129**

**222**



## 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.

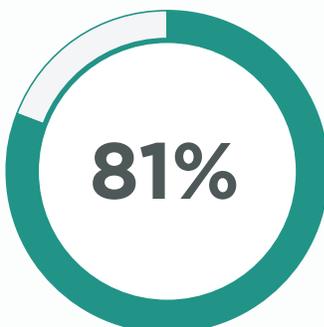


of students agree they are **confident in know what to do to stay mentally healthy**



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*.**