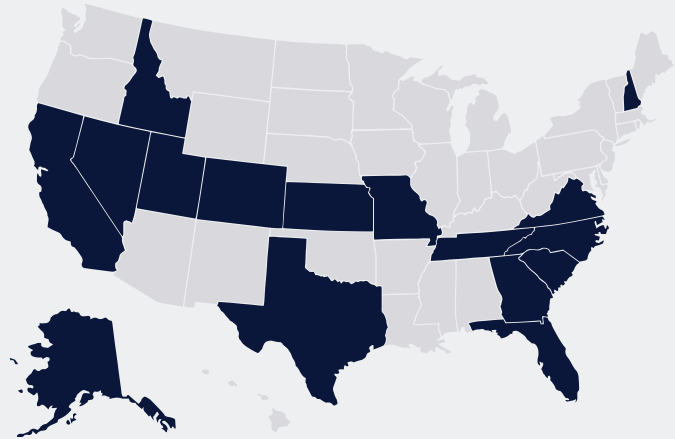


Empowering Students with Critical Mental Health Education

| 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



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

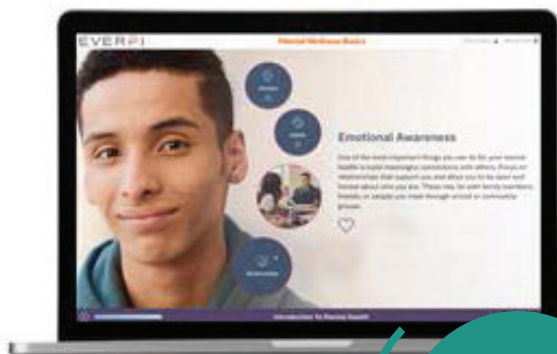
Teachers

Cumulative

69,314

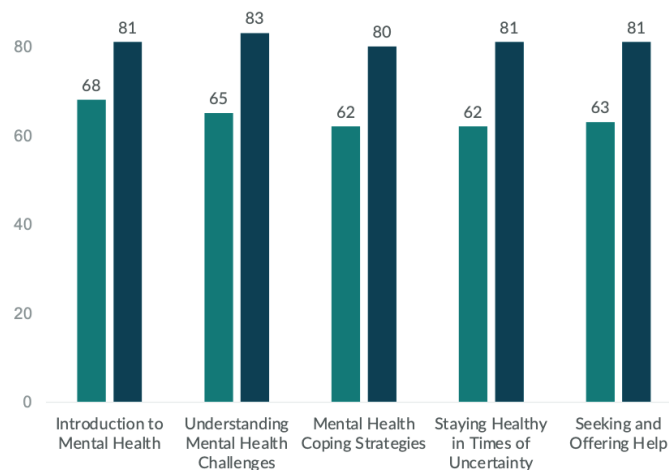
107

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.

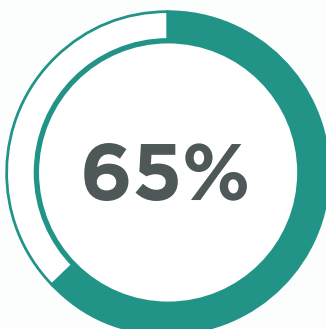


of students agree they are **confident in know what to do to stay mentally healthy**



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*.