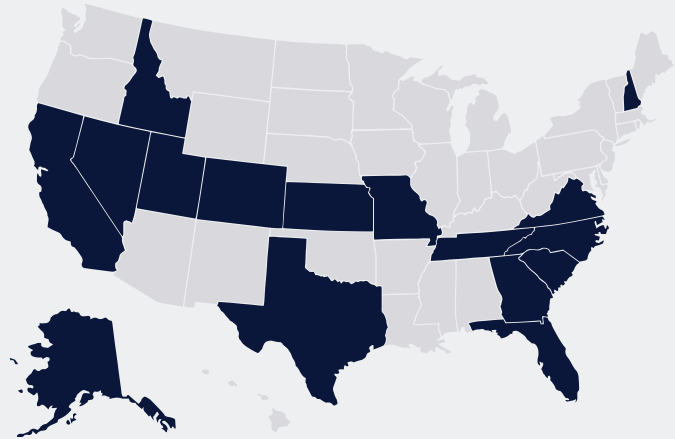


# Empowering Students with Critical Mental Health Education

## | 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



One thing that I really liked about this course was that I could take a lot of information away from the course and use it when needed.”

HCA Healthcare Student,  
Tonganoxie County Public Schools, Kansas

# MidAmerica Division Understanding Mental Wellness 2022-2023 Program Outcomes



## INCREASING KNOWLEDGE

MidAmerica  
Division Impact

**1,128**

Students

**16**

Schools

**20**

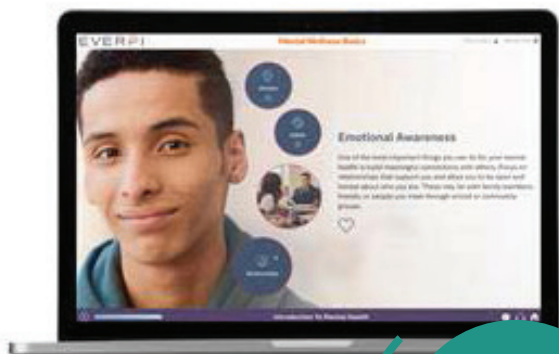
Teachers

Cumulative

**2,329**

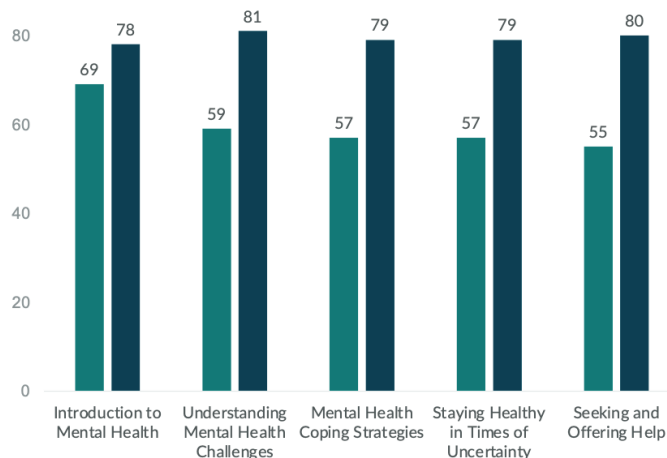
**32**

**43**



Increase in HCA  
Healthcare's  
MidAmerica  
Division student  
assessment scores

**79%**



## 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.

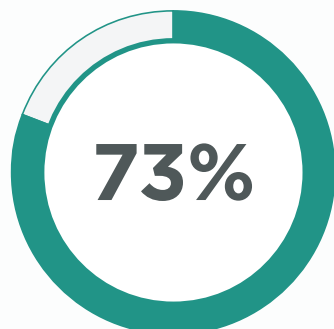


of students agree they are **confident in know what to do to stay mentally healthy**



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*.**