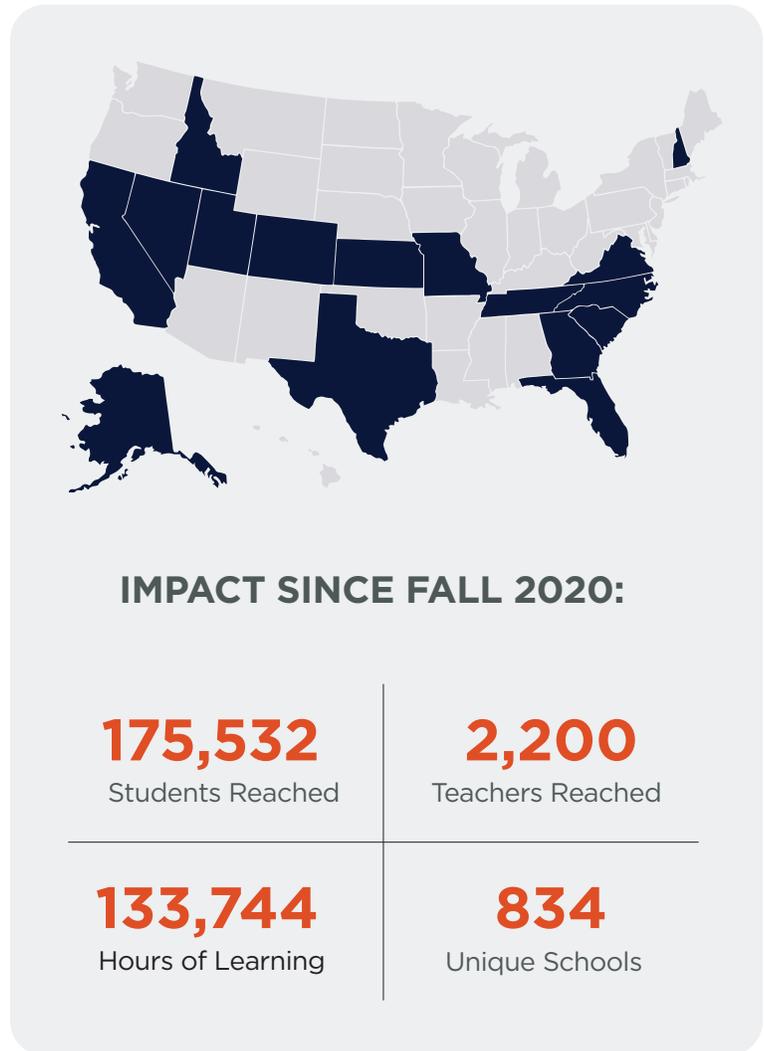


# Empowering Students with Critical Mental Health Education

| 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.

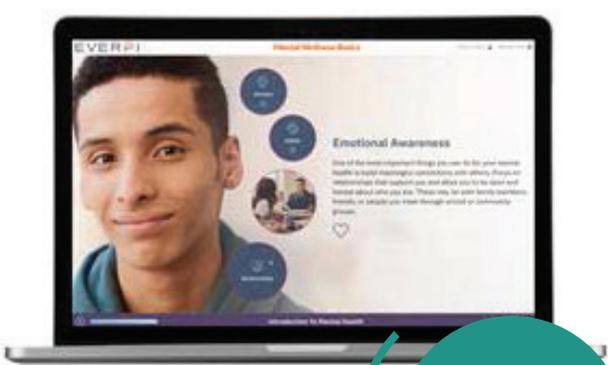
The *Understanding Mental Wellness* program is designed to empower students with the knowledge and skills necessary to build, maintain and promote positive mental health in themselves and their peers.



“ I like the mental illness section because I have a few friends that have some of those mental issues and now I know more ways to help them makes me feel more confident that I can help them find a solution or at least ease the issue.”

*HCA Healthcare Student,  
Aldine Independent School District, Texas*

**INCREASING KNOWLEDGE**

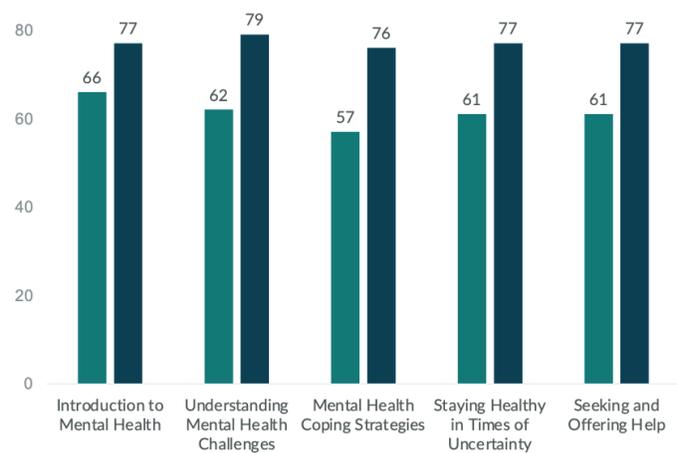


Increase in HCA Healthcare's Gulf Coast Division student assessment scores\*



**Gulf Coast Division Impact**

<b>4,921</b>	<b>65</b>	<b>93</b>
<b>Students</b>	<b>Schools</b>	<b>Teachers</b>
<b>15,830</b>	<b>184</b>	<b>290</b>
<b>Cumulative</b>		



**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.

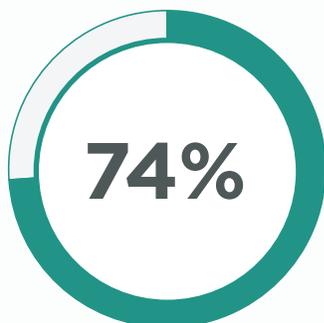


of students agree they are **confident in know what to do to stay mentally healthy**



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*.**