

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.



“ 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

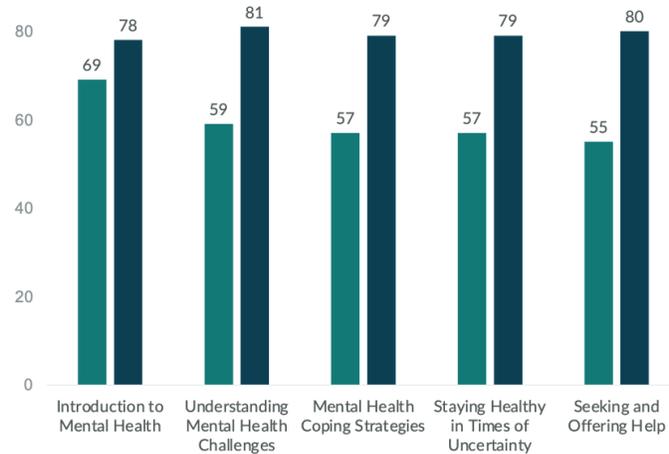
32

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.

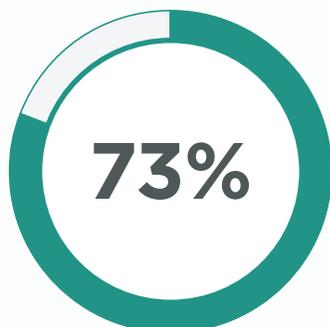


of students agree they are **confident in know what to do to stay mentally healthy**



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*.