# 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.
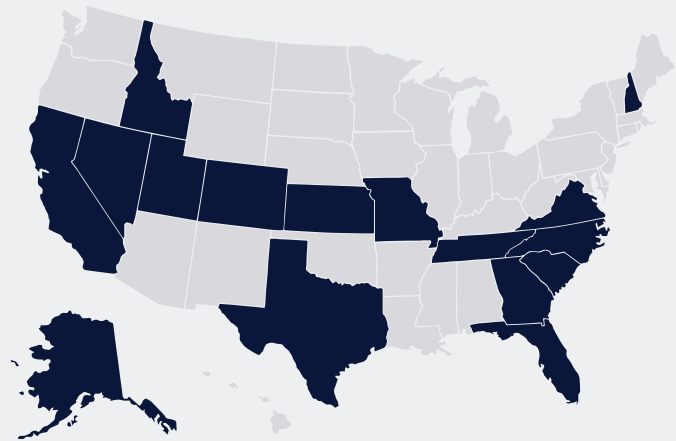
IMPACT SINCE FALL 2020:

175,532
Students Reached

2,200
Teachers Reached

133,744
Hours of Learning

834
Unique Schools

" I learned more skills like how to help me cope with things and its okay to talk to people if I need help. Even be there for others who might just need a little support and too check on the people even when we think they need check on."

HCA Healthcare Student,
Chesterfield County Public Schools, Virgina

Capital Division
Understanding Mental Wellness
2022–2023 Program Outcomes

HCA Healthcare®

INCREASING KNOWLEDGE

Capital Divison Impact

10,649 Students   **49** Schools   **102** Teachers

Cumulative   **15959**   **76**   **114**
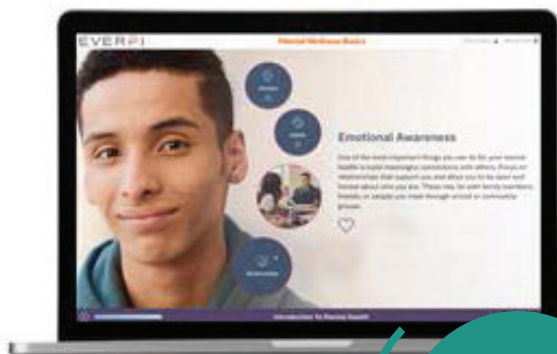
Increase in HCA Healthcare's Capital Division student assessment scores

78%

Bar chart values:
- Introduction to Mental Health: 75, 83
- Understanding Mental Health Challenges: 67, 85
- Mental Health Coping Strategies: 63, 82
- Staying Healthy in Times of Uncertainty: 64, 82
- Seeking and Offering Help: 66, 82
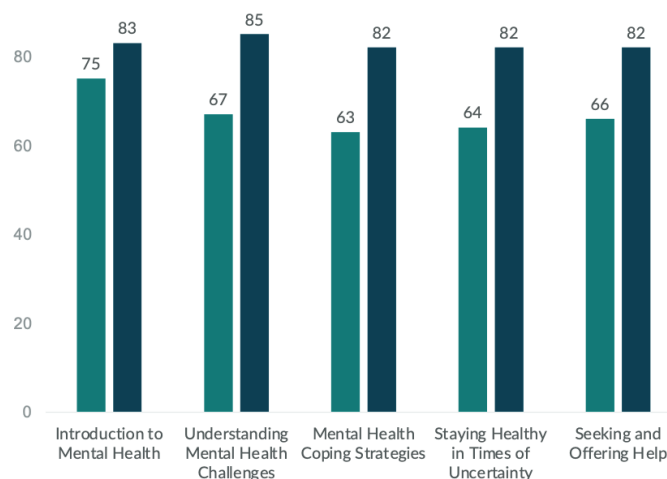
ENCOURAGING ACTION

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.
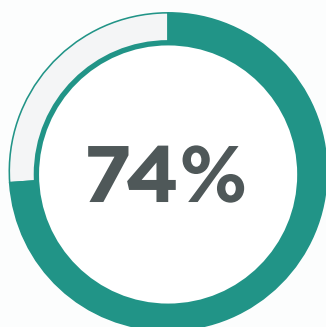
82%

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

81%

of students agree this course helped them to **understand how to help a friend in need**

PROMOTING SELF-EFFICACY

74%

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.*