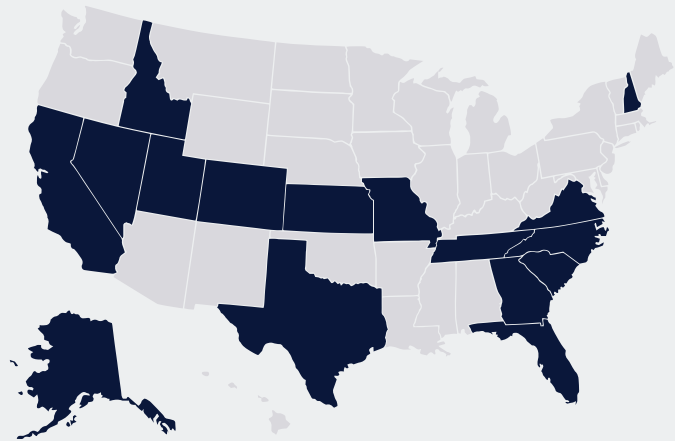


Empowering Students with Critical Mental Health Education

| 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



This course taught me more about taking care of my mental health and help the people around me with theirs.”

*HCA Healthcare Student,
Broward County, Florida*

East Florida Division Understanding Mental Wellness 2022-2023 Program Outcomes



INCREASING KNOWLEDGE

East Florida
Division Impact

963

Students

2,495

17

Schools

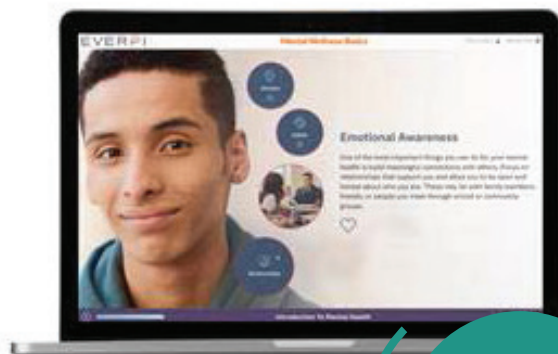
46

24

Teachers

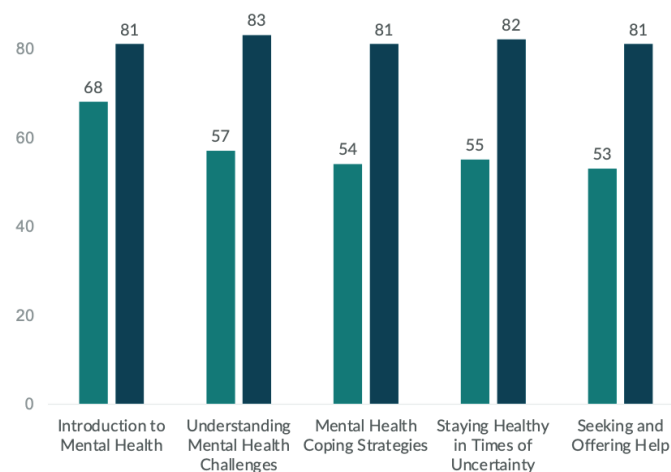
57

Cumulative



Increase in HCA
Healthcare's East
Florida Division
student assessment
scores*

86%



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.

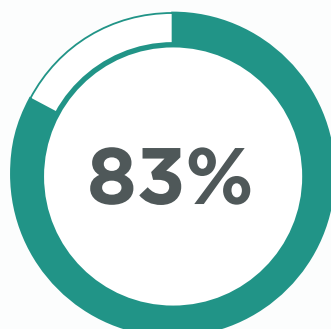


of students agree they are
confident in know what to do
to stay mentally healthy



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*.