



Program Overview

Minding Your Mind is a 501(c)(3) not-for-profit organization with the mission of using education to end stigma and destructive behaviors associated with mental health challenges while promoting help-seeking behavior among our youth.

Minding Your Mind offers an evidence-based, contact strategy of education. This is accomplished through in-school and community-wide mental health education programs aimed at middle school, high school, and college-age students, and the adults who care for them. Through our professionally-crafted presentations, students hear stories of hope and recovery from young adult speakers who successfully and productively cope with their mental health challenges. Our programs create a safe space for communication and aim to normalize the conversation around mental health, moving away from a crisis-based response to prevention through education.

Our Goal

Our goal is to end stigma often associated with mental health challenges, and help reduce the incidence of substance use, self-harm, isolation, bullying, and suicide in teens and young adults. Suicide is now the second leading cause of death for teens and young adults aged 10 to 24.¹ Suicide almost always is the result of an untreated or under-treated mental health condition. Stigma and shame are sometimes the greatest barriers to treatment. Our goal is to increase help-seeking behavior, adaptive coping skills, and resiliency by cultivating a culture of compassion, openness, and advocacy.

Our Programs

Since 2007, Minding Your Mind has reached hundreds of thousands of high school, middle school, and college-aged students, their teachers, families, and caregivers. Our programs occur during school assemblies, health classes, and workshops. Topics addressed in the mental health education presentations range from anxiety, depression, other mood disorders, suicide ideation, and disordered eating, to substance use, health-harming behavior, and bullying. We also provide suicide prevention training for adults, as well as instruction in mindfulness and social-emotional learning that help create a positive environment for both students and educators. Our Corporate Wellness programs bring these same opportunities into the workplace, to help employees relate better to their co-workers and families while developing a work-life balance. All programs are age appropriate and can be tailored to meet the needs of an individual school, organization, or community demographic. To date, Minding Your Mind completed over 5,500 presentations, reaching more than 715,000 individuals.

Our Speakers

Our speakers all have received training to ensure that their presentations are delivered in a professional and knowledgeable fashion. These inspiring young adults provide participants with a better understanding of the signs and symptoms of mental health disorders, emphasizing that they are common, treatable, and that help is available.

All speaker bios, testimonials, and a list of organizations where we have presented can be viewed on our website www.mindingyourmind.org. Here, you can meet our staff, find more details about the programs we offer, and learn whom to contact in your geographic area. To schedule a presentation, select "Book Now" on our website.

Breaking the Silence through Education