



# MINDING YOUR MIND

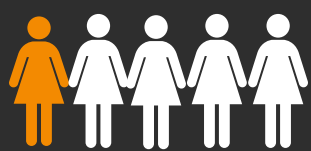
## A YEAR IN REVIEW

MINDING YOUR MIND NEW JERSEY & NEW YORK

### Mission Statement

Minding Your Mind's primary objective is to provide mental health education to adolescents, teens and young adults, their parents, teachers and school administrators. Our goal is to reduce the stigma and destructive behaviors often associated with mental health issues. Minding Your Mind Programs move away from crisis based response to prevention through education.

ACCORDING TO THE NATIONAL INSTITUTE OF MENTAL HEALTH,



1 IN 5 CHILDREN HAVE OR WILL DEVELOP A MENTAL HEALTH DISORDER.



NEARLY 50% OF YOUTH (AGED 8-15) WITH MENTAL ILLNESS DIDN'T RECEIVE MENTAL HEALTH SERVICES IN THE PAST YEAR.

THE AVERAGE DELAY BETWEEN ONSET OF SYMPTOMS AND INTERVENTION IS 8-10 YEARS.



SUICIDE IS THE SECOND LEADING CAUSE OF DEATH FOR YOUTH AGE 10-24

## PRESENTATIONS

MEETING THE MISSION IN NEW JERSEY & NEW YORK

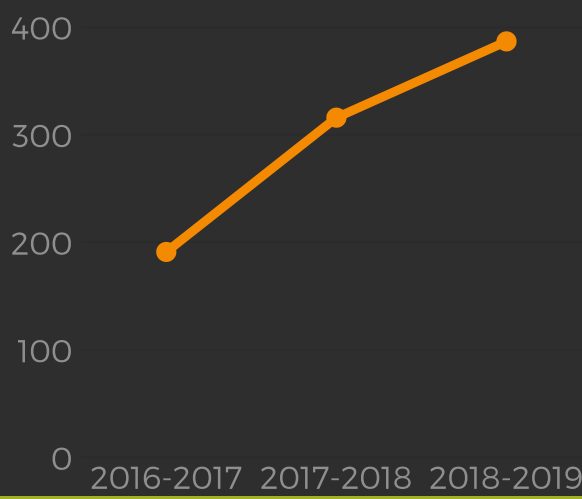
OVER 387

NUMBER OF PRESENTATIONS

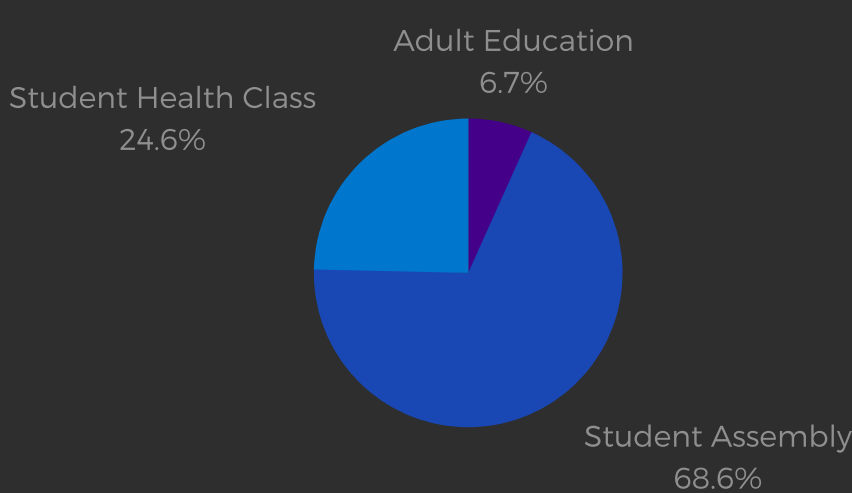
OVER 333

NUMBER OF STUDENT PRESENTATIONS

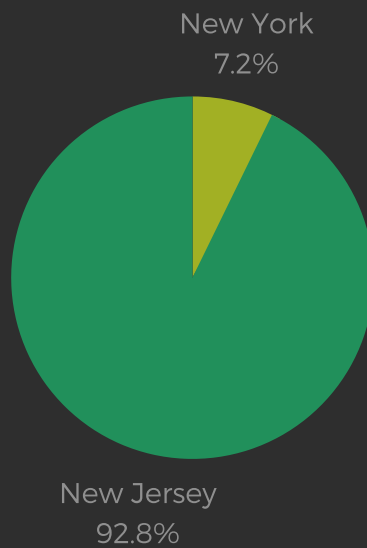
### NUMBER OF PRESENTATIONS PER YEAR



### PRESENTATIONS BY TYPE



### PRESENTATIONS BY STATE



## MINDING YOUR MIND INITIATIVES



SOCIAL EMOTION LEARNING & MINDFULNESS



OUR MINDS MATTER CLUB



SPANISH PRESENTATIONS



A CELEBRATION OF LIFE: NEW JERSEY



ANGST



NEW PEOPLE  
Welcome Sarika and Suzelle!



CORPORATE WELLNESS



NEW STATES  
Hello New York!

63

NUMBER OF NEW SCHOOLS

143,127

TOTAL PEOPLE REACHED

MINDING YOUR MIND

THANK YOU

WWW.MINDINGYOURMIND.ORG