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.

Mission:
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.

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Presentations
Meeting the Mission in New Jersey & New York

Number of Presentations
Over 387

Number of Student Presentations
Over 333

Number of Presentations Per Year

Presentations by Type

Presentations by State

Number of New Schools
63

Total People Reached
143,127

Our Minds Matter Club
A Celebration of Life: New Jersey
New People
New States

Social Emotion Learning & Mindfulness
Spanish Presentations
Angst
Corporate Wellness

Welcome Sarika and Suzelle!
Welcome Sarika and Suzelle!

Minding Your Mind Initiatives

Thank You
www.mindingyourmind.org