A YEAR IN REVIEW

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.

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