



MINDING YOUR MIND

A YEAR IN REVIEW

MINDING YOUR MIND PENNSYLVANIA

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 PENNSYLVANIA

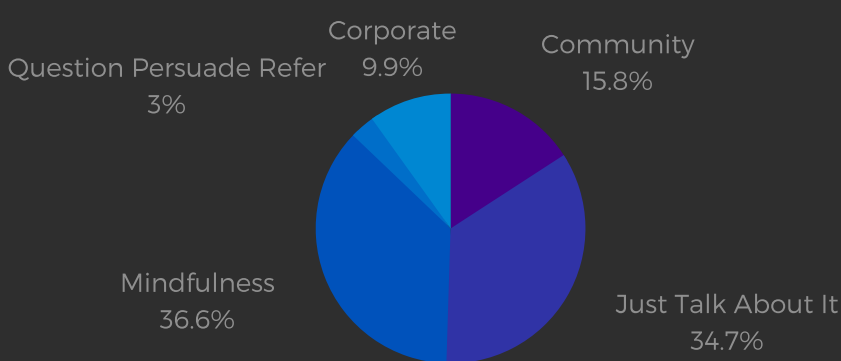
OVER 700

NUMBER OF PRESENTATIONS

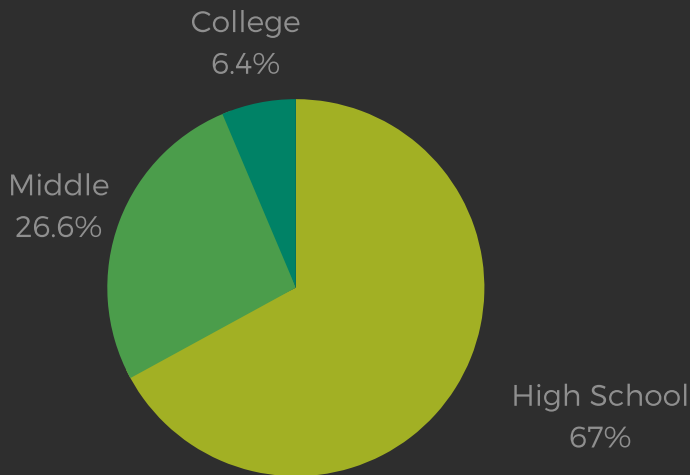
550

NUMBER OF YOUNG ADULT SPEAKER PRESENTATIONS

ADDITIONAL CORE PROGRAMS



PRESENTATIONS BY SCHOOL TYPE



MINDING YOUR MIND

INITIATIVES

MINDFULNESS



A TRAINING PROGRAM FOR SCHOOLS AND WORKPLACES, EMPOWERING PARTICIPANTS TO CULTIVATE A MINDFUL COMMUNITY.

CORPORATE WELLNESS



A 90-MINUTE WORKSHOP DESIGNED TO EDUCATE ADULTS ON BASIC MENTAL HEALTH ISSUES AND HOW THEY IMPACT DAILY LIFE IN THE WORKPLACE, AT HOME, AND DURING INTERACTIONS WITH OTHERS.

OUR MINDS MATTER CLUB



A STUDENT LED CLUB DESIGNED TO HELP STUDENTS CHANGE THEIR SCHOOL CULTURE AROUND MENTAL HEALTH THROUGH FUN AND ACCESSIBLE GROUP ACTIVITIES ON MENTAL HEALTH TOPICS.

KIND MINDS



THIS INTERACTIVE PRESENTATION IS A THREE-PHASE PROCESS TO TEACH CHILDREN (K - 4TH GRADE) HOW TO IDENTIFY THEIR EMOTIONS, ENGAGE IN KIND ACTS, AND BUILD EMPATHY.

119

NUMBER OF NEW SCHOOLS

83,029

TOTAL PEOPLE REACHED

MINDING YOUR MIND

THANK YOU

WWW.MINDINGYOURMIND.ORG