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.

PRESENTATIONS
MEETING THE MISSION IN PENNSYLVANIA

According to the National Institute of Mental Health,

1 in 5 children have or will develop a mental health disorder.

The average delay between onset of symptoms and intervention is 10 years.

Nearly 20% of youth ages 8-15 with mental illnesses didn’t receive mental health services in the past year.

Suicide is the second leading cause of death for youth age 10-24.

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