



MINDING YOUR MIND

A YEAR IN REVIEW

MINDING YOUR MIND FY2020-2021

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 challenges and conditions. Minding Your Mind programs move away from crisis-based response to prevention through education.



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



50 PERCENT OF MENTAL ILLNESSES THAT OCCUR IN A LIFETIME BEGIN BY AGE 14. (WHO)



THE AVERAGE DELAY BETWEEN ONSET OF SYMPTOMS AND INTERVENTION IS 11 YEARS. (NAMI)



SUICIDE IS THE SECOND LEADING CAUSE OF DEATH FOR YOUTH AGE 10-24. (CDC)

MEETING THE MISSION

MENTAL HEALTH EDUCATION

IN A TIME OF CRISIS



NUMBER OF PRESENTATIONS



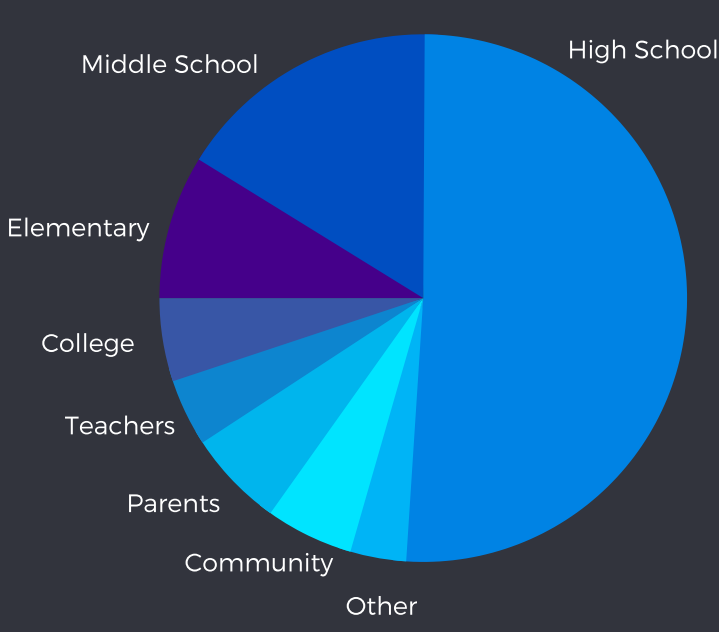
NUMBER OF PERSONS REACHED THIS YEAR

PUTTING YOUTH FIRST

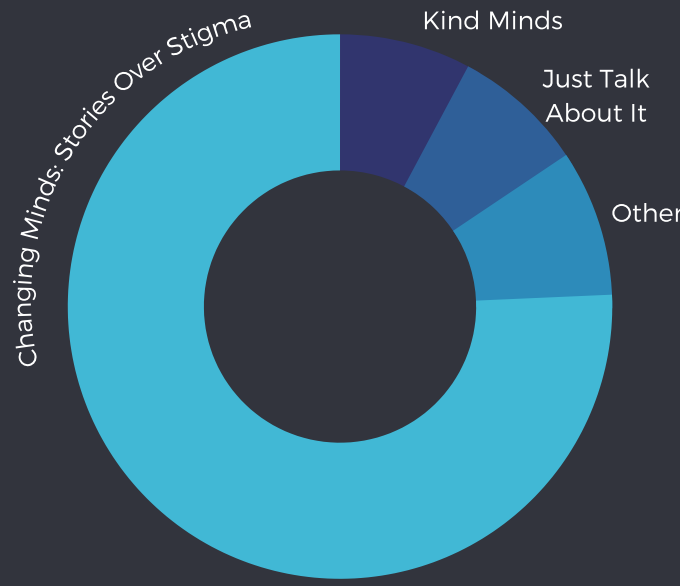
PROGRAM BREAKDOWN

A YEAR IN RESILIENCE

PRESENTATIONS BY AUDIENCE



PRESENTATIONS BY PROGRAM



NUMBER OF STUDENTS REACHED



4 IN 5 AUDIENCE MEMBERS ARE STUDENTS



NUMBER OF NEWLY DEVELOPED PROGRAMS

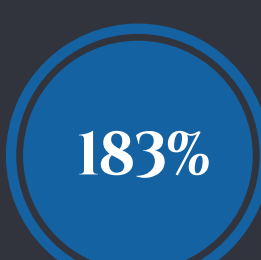
INCREASING NEED

GROWTH OF NEW INITIATIVES

PART OF THE SOLUTION FOR ALL AGES



GROWTH OF ELEMENTARY PROGRAMS



GROWTH OF COLLEGE PROGRAMS



GROWTH OF CORPORATE PROGRAMS

LOCAL ROOTS

ONE MILLION THANKS

GLOBAL REACH



TOTAL NUMBER OF PEOPLE REACHED

This year, we celebrated reaching our 1,000,000th person through our mental health and suicide prevention efforts.

BUILDING

IMPACT AND OUTCOMES

FROM A STRONG FOUNDATION



EXPANDED REACH
Minding Your Mind programs are now available nationally, virtually and in-person.



FLEXIBLE EDUCATION
We meet the community where they are. This year 94% of programs were delivered virtually.



NEW OFFICE
MYM has opened a new office in Florida.



IN CONVERSATION
During this stressful time, MYM launched Community Conversations, a monthly virtual gathering for parents, caregivers, and other adults to connect about the mental health challenges most impacting them and their children.



#LIVETOTELL
We launched a new storytelling campaign to invite community members to break the stigma by sharing their mental health stories. We have elevated 160 narratives of resilience on our platform from across the globe through video, writing, and art.



PODCAST
Minding Your Mind published 20 podcast episodes. Guests included industry experts, those with lived experience, and mental health advocates all working to end the stigma around mental health challenges and conditions.



WORKPLACE WELLNESS
MYM continued to support adult workers by providing mental health education, suicide prevention, and mindfulness programs.

THANK YOU FOR YOUR UNWAVERING SUPPORT

WWW.MINDINGYOURMIND.ORG