

Mental Well-being for Students

One in five teens and young adults live with a mental health condition, and three quarters develop one by age 24, according to the National Alliance on Mental Illness.

In order to create campus communities that foster well-being, colleges and universities must provide students with tools to support social-emotional learning, skills that bolster their ability to thrive, and strategies for supporting others.

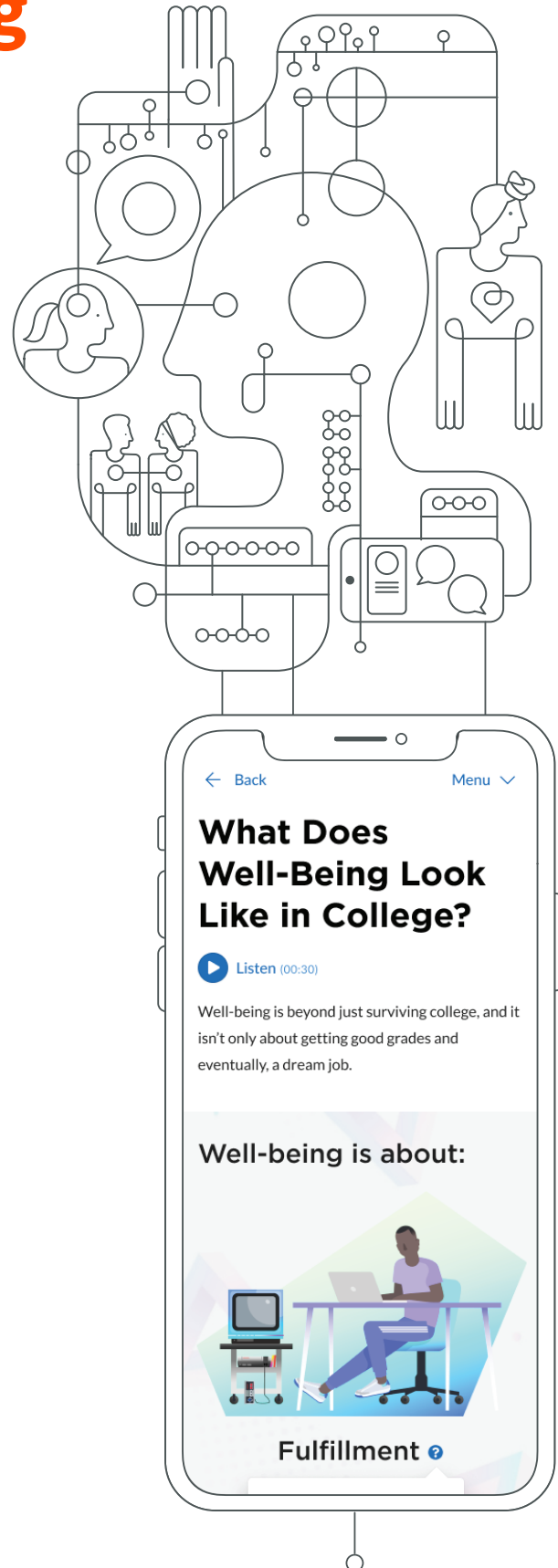
Mental Well-being for Students equips undergraduates with essential skills and information to navigate the stressors and emotional challenges associated with college life. The course helps learners practice self-care, recognize when they or their peers are in distress, and take action to find additional support.

Course Objectives

- Reduce the stigma surrounding mental health and promote conversations about well-being
- Introduce strategies for approaching challenges, including self-management, self-advocacy, and building a support system
- Empower learners to support peers in crisis situations
- Connect learners with campus-based support and local resources

1 in 3 students in college has a diagnosed mental health disorder

50% of Americans will experience a mental health condition in the course of their lifetime



Support Student Well-being

Encourage Emotional Preparedness and Self-Management

Mental Well-being for Students encourages learners to reflect on their experiences and goals, view mental well-being as a process rather than a destination, and explore positive and proactive strategies for self-management and self-care.

Recognize and Address Mental Health Challenges

This course informs learners about common mental health challenges, and promotes self-reflection and awareness to recognize shifts in their well-being.

Mental Well-being for Students empowers learners to identify and implement positive coping strategies for common challenges, and encourages help-seeking behaviors.

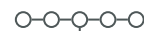
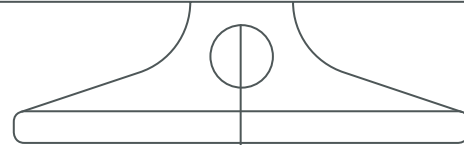
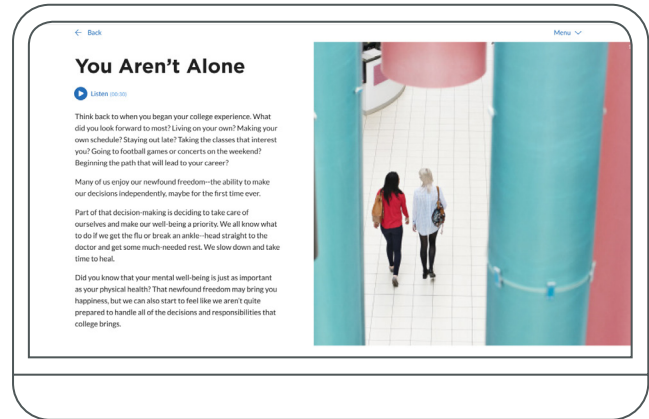
Support Peers in Distress

Mental Well-being for Students prepares learners to identify early signs of distress in others and teaches them to respond with supportive and empathetic language and behavior.

Course Details

- **Objective:** Equip students with essential information and skills to support the emotional well-being of themselves and others.
- **Audience:** First-year and continuing undergraduate students
- **Length:** 4 modules; 30 minutes total
- **Evaluation:** Surveys and Assessments (pre and post)

**To schedule a demo call
(800) 945-2316**



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