

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.

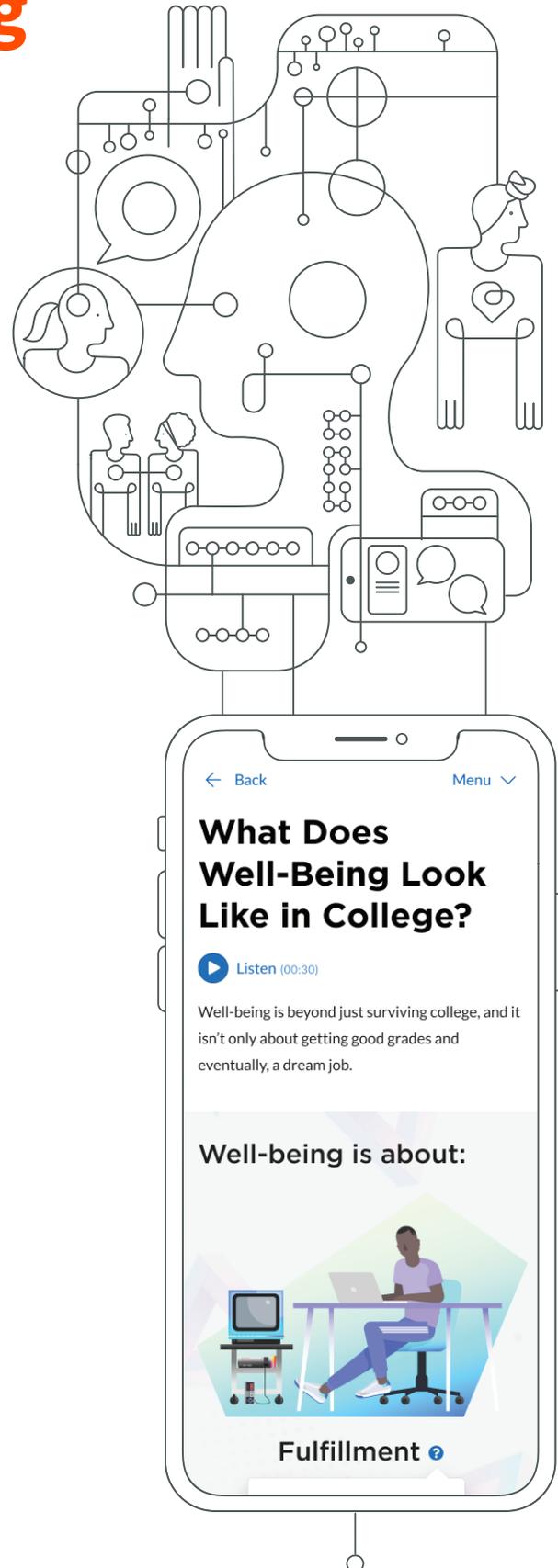
Mental Well-being for Students equips undergraduates with essential skills and information to navigate the stressors and emotional challenges associated with college life. The course helps learners practice self-care, recognize when they or their peers are in distress, and take action to find additional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

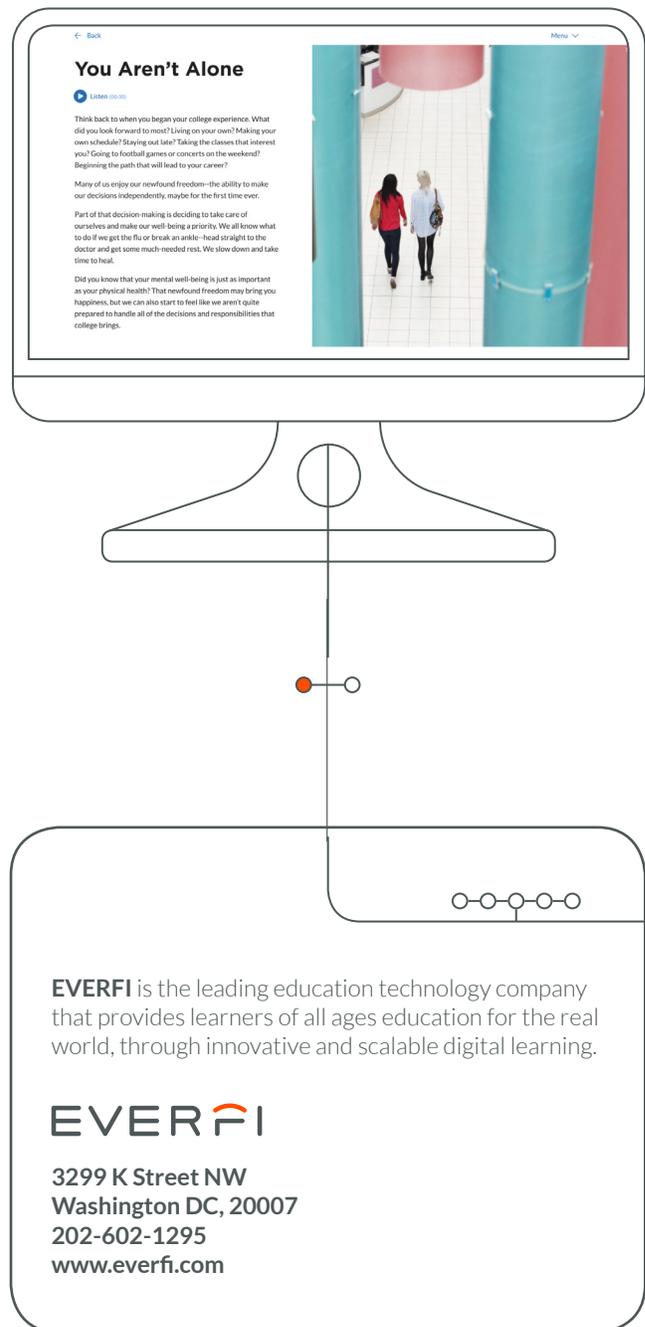
Mental Well-being for Students empowers learners to identify and implement positive coping strategies for common challenges, and encourages help-seeking behaviors.

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)



You Aren't Alone

Listen (00:00)

Think back to when you began your college experience. What did you look forward to most? Living on your own? Making your own schedule? Staying out late? Taking the classes that interest you? Going to football games or concerts on the weekend? Beginning the path that will lead to your career?

Many of us enjoy our newfound freedom—the ability to make our decisions independently, maybe for the first time ever.

Part of that decision-making is deciding to take care of ourselves and make our well-being a priority. We all know what to do if we get the flu or break an ankle—head straight to the doctor and get some much-needed rest. We slow down and take time to heal.

Did you know that your mental well-being is just as important as your physical health? That newfound freedom may bring you happiness, but we can also start to feel like we aren't quite prepared to handle all of the decisions and responsibilities that college brings.

EVERFI is the leading education technology company that provides learners of all ages education for the real world, through innovative and scalable digital learning.

EVERFI

3299 K Street NW
Washington DC, 20007
202-602-1295
www.everfi.com

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



Developed in Partnership with The JED Foundation

As part of our shared mission to promote students safety, emotional health, and wellness EVERFI and the JED Foundation have partnered to co-develop *Mental Well-being for Students*.