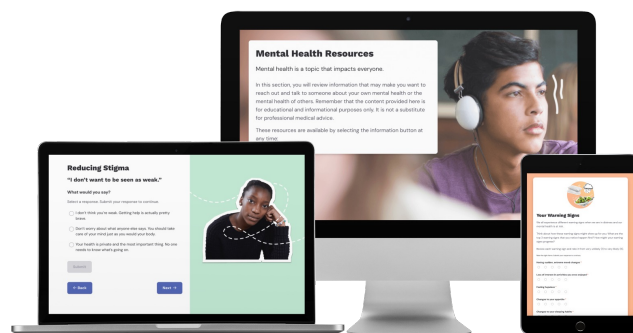


FREE DIGITAL LESSONS

Understanding Mental Wellness®

According to the 2023 Youth Risk Behavior Survey (YRBS), 39.7% of high school students “experienced persistent feelings of sadness and hopelessness” and 28.5% “experienced poor mental health.”¹ Schools can play a vital role in reducing health risks among students, particularly in building supportive environments and fostering school connectedness; the YRBS found that students who reported high levels of school connectedness were associated with lower prevalence of all mental health and suicide risk indicators.¹

Understanding Mental Wellness is a free digital course that introduces students to the topic of mental health and how they can implement coping strategies to manage their own challenging thoughts, emotions, and behaviors. Through interactive real-world scenarios, students learn how to support friends and family who may be struggling, how to recognize when to seek help, and how to access appropriate resources to do so.



Understanding Mental Wellness

1. CDC, “Youth Risk Behavior Survey” ([Source](#))

GRADE LEVEL:
8–12

CURRICULUM FIT:
Health, Counseling,
Advisory, Homeroom

STANDARDS ALIGNMENT:
National Health Education
Standards (NHES)

EFFICACY:
EVERFI courses are
research-based.

LENGTH:
6 digital lessons (15 min
each) and up to 3.5 hr
of offline learning

Learn more at
everfi.com/research



Free Learning Platform & Support



Self-guided, interactive digital lessons with real-world scenarios



Offline lessons & resources to bring the digital lessons to life



Built-in student assessments with automatic grading



Single sign-on (SSO) available to streamline student registration

Clever -and- **ClassLink**



PRE-SURVEY

LESSON 1
Introduction to Mental Health

LESSON 2
Understanding Mental Health Challenges

LESSON 3
Mental Health Coping Strategies

LESSON 4
Staying Healthy in Times of Uncertainty

LESSON 5
Seeking and Offering Support

LESSON 6
Creating a Supportive Mental Wellness Plan

POST-SURVEY



**MEASURABLE
IMPACT**

Evaluate learning gains with pre- and post-lesson assessment questions and real-time score reporting



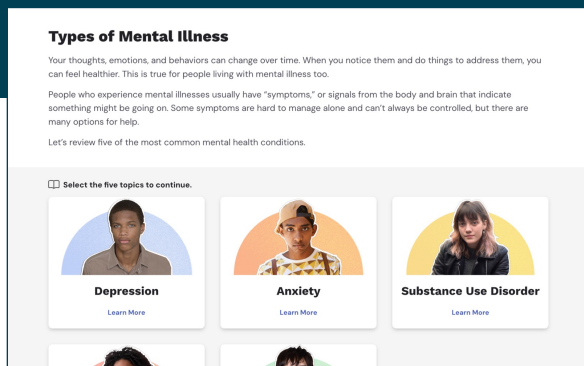
Regional team to support you every step of the way

Introduce Coping Strategies To Help Students Manage Their Emotions & Behaviors



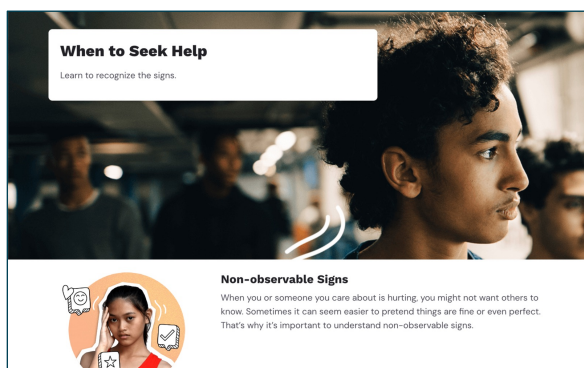
Understanding causes of stress and mental illnesses made me more aware of my situation. I realized that I didn't have a balance. Through this course, I was able to reduce stress by stabilizing my schedule, which almost immediately improved my overall well-being.

—High School Student, New York



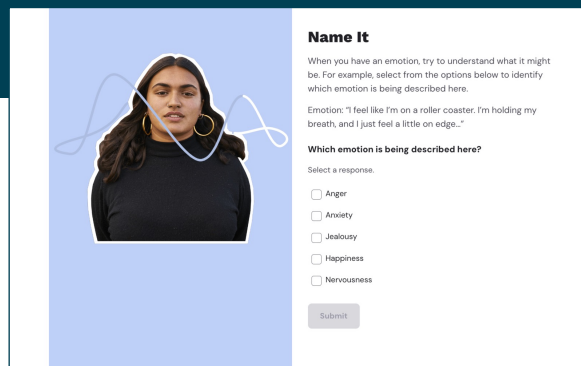
Understanding Mental Health Challenges

Students identify warning signs of a mental health condition and explore how the brain is impaired in some common disorders that affect their age group.



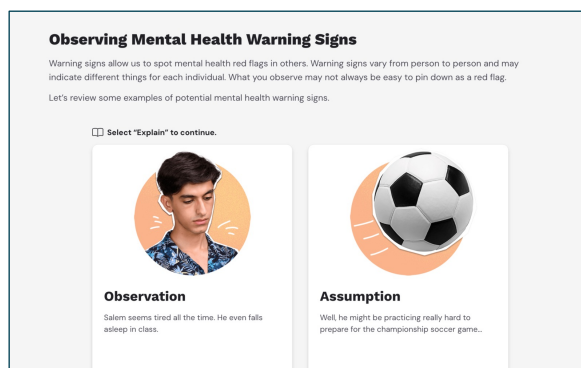
Seeking and Offering Support

Students learn how to recognize when help is needed and how to access it for oneself and to encourage others to seek help when needed.



Mental Health Coping Strategies

Students learn what coping strategies are and how they can be used to deal with life's challenges and support mental health.



Creating a Supportive Mental Wellness Plan

Students practice what they've learned throughout the course while also developing their own personal mental wellness strategy.



This course is a part of **EVERFI's** Health & Wellness Suite

Discover complementary courses covering topics like prescription drug safety, health risks of cannabis use, vaping prevention, and navigating healthcare



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EVERFI empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success—now and in the future.

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