

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.”<sup>1</sup> 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.<sup>1</sup>

**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.

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

**GRADE LEVEL:**  
8-12

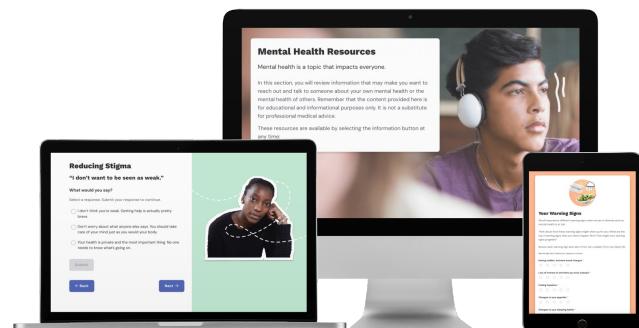
**LENGTH:**  
6 digital lessons (15 min each) and up to 3.5 hr of offline learning

**CURRICULUM FIT:**  
Health, Counseling, Advisory, Homeroom

**STANDARDS ALIGNMENT:**  
National Health Education Standards (NHES)

**EFFICACY:**  
EVERFI courses are research-based.

Learn more at [everfi.com/research](https://everfi.com/research)



Understanding Mental Wellness



## 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



### MEASURABLE IMPACT

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

### POST-SURVEY



# Introduce Coping Strategies To Help Students Manage Their Emotions & Behaviors

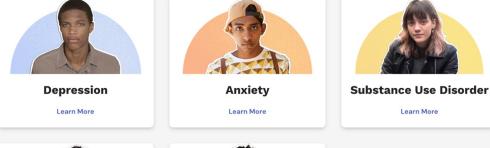
**Types of Mental Illness**

Your thoughts, emotions, and behaviors can change over time. When you notice them and do things to address them, you can feel healthier. This is true for people living with mental illness too.

People who experience mental illnesses usually have "symptoms," or signals from the body and brain that indicate something might be going on. Some symptoms are hard to manage alone and can't always be controlled, but there are many options for help.

Let's review five of the most common mental health conditions.

Select the five topics to continue.



Depression [Learn More](#)

Anxiety [Learn More](#)

Substance Use Disorder [Learn More](#)



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

**Name It**

When you have an emotion, try to understand what it might be. For example, select from the options below to identify which emotion is being described here.

Emotion: "I feel like I'm on a roller coaster. I'm holding my breath, and I just feel a little on edge..."

Which emotion is being described here?

Select a response.

Anger

Anxiety

Jealousy

Happiness

Nervousness

[Submit](#)



## 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.

**When to Seek Help**

Learn to recognize the signs.



**Non-observable Signs**

When you or someone you care about is hurting, you might not want others to know. Sometimes it can seem easier to pretend things are fine or even perfect. That's why it's important to understand non-observable signs.



## 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.

**Observing Mental Health Warning Signs**

Warning signs allow us to spot mental health red flags in others. Warning signs vary from person to person and may indicate different things for each individual. What you observe may not always be easy to pin down as a red flag.

Let's review some examples of potential mental health warning signs.

Select "Explain" to continue.



**Observation**

Salem seems tired all the time. He even falls asleep in class.



**Assumption**

Well, he might be practicing really hard to prepare for the championship soccer game..

## 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.

## 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



EVERFI®

Ready to start?

Register now at  
[everfi.com/newteacher](http://everfi.com/newteacher)



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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