

WHAT'S ON YOUR MIND?

YOUTH MENTAL HEALTH EDUCATION
GROUNDED IN LIVED EXPERIENCE

FREE

A program that meets young people where they are

What's On Your Mind is a no-cost presentation that provides mental health education to youth in El Paso and Teller counties. Our team will come to your school or organization with a multi-dimensional program designed to fit into a typical class period.



SPEAKERS FROM PARTNER AGENCIES WILL ENGAGE WITH STUDENTS IN A CONVERSATION THAT SHARES:

- an acknowledgment of challenges unique to growing up today;
- positive coping strategies for stressful times;
- a young adult's personal story of making it through struggle;
- the importance of connection with peers and trusted adults;
- and information on how to identify, and where to turn, when more help is needed.

Presentations can be tailored and offered in a 45-minute or one-hour format. Students will be provided with an up-to-date list of local and online resources.



719.572.6100
diversushealth.org



719.573.7447
pikespeaksuicideprevention.org



719.444.8484
peakviewbh.com



719.473.8477
namicoloradosprings.org

INTERESTED IN LEARNING MORE?

For more details on "What's on Your Mind?" or to schedule a presentation, please contact the team at:
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