

# 1000 SCHOOLS IN 1000 DAYS

## Mental health issues are on the rise among youth nationwide

further exacerbated by the COVID-19 pandemic, racism, discrimination, gun violence, and other experiences. We need to do something now to address the crisis around mental health. We are counting on people like you to help bring life-saving peer-to-peer conversations to help students at K-12 schools near you.

## THREE WAYS TO GET INVOLVED

### Start an Active Minds Chapter

Active Minds chapters are proven to impact mental health knowledge, attitudes, and behaviors—even among the general student body—within one school year. Students nationwide join Active Minds chapters to lead peer-to-peer mental health programs and advocate for policy change within their schools. Anyone—students, family members, educators, counselors, and community members—can help get a chapter started, and it's 100% free to the school.

### Share Active Minds' Free Peer-to-Peer Curriculum with K-12 Schools Near You

The Active Minds Peer-Powered Mental Health Curriculum for High Schools empowers and prepares high school students with the knowledge and skills to start conversations about mental health. The free curriculum can be facilitated in classrooms or to enhance the mental health programming of Active Minds' high school chapters or other student groups. High schools do not need to have an Active Minds chapter to request the curriculum.

### Sponsor Mental Health Education and Training for K-12 Schools

Our professional speakers and trainers provide engaging, encouraging, and safe mental health education and training tailored for K-12 students, educators, and staff. Learn more about Active Minds' professionally-trained speakers and funding opportunities to bring mental health and suicide prevention training on behalf of a school district.

*The 1,000 in 1,000 commitment is supported in part by:  
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**WANT TO  
LEARN MORE?**

[k12@activeminds.org](mailto:k12@activeminds.org)  
[www.activeminds.org/1k](http://www.activeminds.org/1k)

