

Speaker Program

Minding Your Mind's primary objective is to provide mental health education to adolescents, teens, and young adults, as well as parents, teachers, and school administrators. Our goal is to break the silence, to reduce the stigma and destructive behaviors often associated with mental health issues, and to move away from crisis-based response to prevention through education.

Learning Objectives

- Develop an understanding of the stigma associated with mental health issues among adolescents
- Identify risk and protective factors associated with mental health issues identified by our young adult speaker who experienced a mental health crisis
- Identify action steps to reduce the stigma associated with mental health issues in your school to better support your students

Why it Matters

Our educational programs provide information regarding signs and symptoms of mental health issues and illnesses, in addition to stressing that they are treatable and help is available. It is essential that the proper information be brought to the attention of school educators, counselors, students, and their parents.

- One in four teens will experience a mental health issue, yet less than 20% will seek treatment.
- The age of onset of most mental health issues is typically during adolescence.
- Suicide is now the second leading cause of death of individuals between the ages of 14 to 23.
- Research has shown that over 90% of people that die from suicide have one or more psychiatric disorders at the time of their death.
- Mood disorders have been identified by the World Health Organization as the third leading cause of disability worldwide.

How it is Effective

Our speakers - dynamic young adults who have struggled with mental health issues - visit schools and community organizations to share their stories and recovery. The presentations, which are free of charge to the school, occur during school assemblies, health classes, and workshops. Issues addressed in these presentations include: mood disorders, suicide ideation, eating disorders, addictive behavior, self-harm, and bullying.

Through our Speaker Program, Minding Your Mind has reached hundreds of thousands of college, high school, and middle school students. Our speakers all have received training to ensure that their presentations are delivered in a professional and knowledgeable fashion. Inspiring sessions with our speakers provide students with a better understanding of the signs and symptoms of mental disorders, emphasizing that they are treatable and that help is available.

In addition to our student presentations, our program includes an evening platform that provides an opportunity for parents, teachers, and other school personnel to meet and listen to the same speaker that the students heard earlier in the day. To assist with questions of a more clinical nature, mental health professionals are present at the evening sessions.

Community Response

Minding Your Mind's Speaker Program has received laudatory responses from area schools and organizations, and our speakers are routinely invited back to speak at the same school on multiple occasions. During the 2016-2017 school year, we completed 1,285 presentations.

[Click here to visit our website and view biographies for each of our speakers, program descriptions, and testimonials.](#)