



**mind
out
loud**

The Youth-Led Mental Health Movement

Amplifying the Student Voice



WellnessTogether.org

School Mental Health



san diego county office of
EDUCATION
FUTURE WITHOUT BOUNDARIES™



California Department of
EDUCATION

hello@mindoutloud.org

mindoutloud.org

What is mind out loud?

Mind Out Loud is the Youth-Led
Movement Focused on Amplifying
the Student Voice

FOUR PILLARS of mind out loud

1

Personal Wellness

- Self-Care & Connected Care
- Sharing Best Practices
- Digital Wellbeing
- Student Voices & Stories

2

Suicide Prevention

- Normalizing the Conversation
- Education & Curriculum
- Focus on Application & Realistic Expectations
- Student Voices & Stories

3

Support for Marginalized Communities

- Cultural Humility & Education
- Processing Spaces
- Partnering with Other Organizations
- Student Voices & Stories

4

Awareness & Advocacy

- Mental Health Education
- Reducing Stigma
- Call to Action & Empowering Action
- Student Voices & Stories

At least four students in each classroom are struggling with mental health challenges*.

Mind Out Loud amplifies student voices and provides them with these opportunities to speak out.

**FREE
MONTHLY
Workshops**

**FREE
ANNUAL
Student Event**

**Student
Representatives
Program**

How We Are Making an

IMPACT

*According to 2013 CDC report on children's mental health and U.S. Department of Education's Digest of Education Statistics 2019, 55th Edition, February 2021

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mind out loud Student Reps

Who are Mind Out Loud Student Reps?

Mind Out Loud Student Reps are a group of students (13+ years old) increasing mental health awareness, ending stigma, educating peers about suicide prevention, and advocating for the mental health and wellness of students. They serve as ambassadors for the Mind Out Loud movement and work together to create safe and inclusive environments to allow students to boldly discuss the mental health needs of their communities.

COUNTIES REPRESENTED:

- ALAMEDA
- BUTTE
- CONTRA COSTA
- EL DORADO
- LOS ANGELES
- MARIN
- PLACER
- SAN DIEGO
- SANTA CLARA
- SONOMA
- STANISLAUS

- NEW STUDENT REPS
- STUDENT REPS RETURNING



CONTACT US

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