



**mind
out
loud**

BOLDLY DISCUSSING MENTAL HEALTH

hello@mindoutloud.org

mindoutloud.org

What is mind out loud?

Mind Out Loud Inspires Students
to Live Authentic Lives.

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

mind out loud Student Event

A FREE Online Event for Students

Middle & High School Students join together for an all-day experience to address Mind Out Louds Four Pillars of Mental Health

At Mind Out Loud 2022 Students will:

- Connect with their peers across California, the U.S., and around the world
- Hear from engaging speakers to be equipped with practical tools for wellness
- Gain skills in mental health advocacy and suicide prevention
- Learn to reduce stigma around mental health



mind out loud Student Event

2021 at a glance

4
Countries
Represented

OVER 1/3
of the US States
Represented

Over
2,000
in attendance

9.5/10
Positive Participant
Feedback

72 NATION-
WIDE
WATCH PARTIES

Previous Guests



**BIG
SEAN**



**ANGIE
THOMAS**



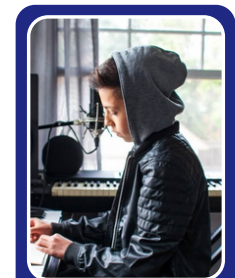
**MAX
STOSSEL**



**SHANE
HARPER**



PROPAGANDA



**NAHOA
LIFE**

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) working towards raising 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, including the 2022 spring student event hosted by Wellness Together School Mental Health, the San Diego County Office of Education, and the California Department of Education. Mind Out Loud Student Reps come together to create a safe, inclusive environment allowing students to boldly discuss mental health and inspire others to live authentic lives.

What do Mind Out Loud Student Reps do?

- Commit to serve as a Mind Out Loud Student Rep through May 31, 2022
- Dedicate approximately 5 hours a week to the program, including attending semi-monthly to weekly meetings in the evenings
- Attend Mind Out Loud advocacy workshops and events
- Serve on a Mind Out Loud Student Rep Committees and complete any relevant committee duties
- Promote Mind Out Loud on own school campus and social media
- Gain tools for leadership advocacy, suicide prevention, connecting peers to immediate support resources
- Learn how to coordinate with other mental health advocacy organizations on campus and within their community to unify the efforts for increasing student mental health

What do Mind Out Loud Student Reps get?

- Mind Out Loud Swag Pack
- Leadership Opportunity
- Letter of Recommendation (if requested)
- Free registration to 6th Annual Student Mental Wellness Conference
- Experience in mental health advocacy opportunities
- Networking with other young advocates

mind out loud Monthly Workshops

Mind Out Loud is focused on equipping students all year long hosting FREE monthly virtual workshops.

NOVEMBER 2021

Transformative Power with 

DECEMBER 2021

Advocacy 101 with  **CAYEN**

JANUARY 2022

Ask a Therapist with  **WellnessTogether.org**
School Mental Health

FEBRUARY 2022

Self Care with 

SCAN FOR MORE INFORMATION ON OUR MONTHLY WORKSHOPS



Join the Movement

Our students are speaking. Let's amplify their voices and help them advocate for the mental health needs of their school communities.

Since 2017 Wellness Together has partnered with the California Department of Education for the Annual Student Mental Wellness Conference. In 2021 Mind Out Loud launched for middle and high school students to come together and empower the student voice. We invite you to take a look at how you can also join the movement and support the Student Rep program, monthly workshops, and the FREE virtual event!

Previous Guests at Wellness Together's Events Include:



Cindy Marten
U.S. Deputy
Secretary of
Education



Dr. John B. King
U.S. Secretary of
Education
under President
Barack Obama



**Dr. Nadine
Burke Harris**
California
Surgeon General



**Dr. Linda Darling-
Hammond**
President,
California Board
of Education



Big Sean
Multi-Platinum
Artist,
Entrepreneur, &
Philanthropist



Angie Thomas
New York Times
bestselling
author of "The
Hate U Give"



Tristan Harris
Co-Founder &
President of the
Center for Humane
Technology

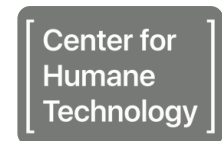


Shane Harper
American Actor,
Singer, &
Songwriter



Propaganda
American
Rapper, Spoken
Word Artist, &
Poet

Previous Partners of Wellness Together



Previous Sponsors at Wellness Together Events



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hello@mindoutloud.org

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CONTACT US

Nicole Wagner

Communications and Events Manager
nicole.wagner@mindoutloud.org

Gillian Flowers

Student Rep Coordinator
gillian.flowers@mindoutloud.org



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