

Work2BeWell

FAQ: our story, digital resources, mission, and ways to partner with Work2BeWell

What is Work2BeWell?

The Work2BeWell digital wellness and empowerment program focuses on positively impacting the emotional well-being of teens and promoting mental health. We help students, educators, and parents bridge the conversation around difficult topics and provide tools to foster conversation and resilience so that teens can thrive.

How did the program start?

Work2BeWell is a direct response to community requested resources after a rise in teen suicides in the Pacific Northwest. Answering the call, the Oregon Association of Student Councils (OASC) joined with behavioral health specialists from Providence to ask teens a pivotal question: how do *you* want to transform mental health? Their answers became a vision for Work2BeWell, a program to activate teens and provide key mental health resources to the education world. Work2BeWell was born out of a partnership with Providence, the OASC, Well Being Trust, and #ICANHELP.

Where can we access free Work2BeWell resources?

The digital wellness hub at work2bewell.org includes clinically vetted curriculum and resources to educate and empower teens, educators, and parents on critical mental health topics. On our hub you'll find:

- free teen-centered mental health curriculum adaptable to any classroom
- access toolkits, articles, videos, and teen podcasts on digital wellness
- crisis lines to ensure teens always know where to go if they are experiencing a mental health emergency

How does Work2BeWell fulfill Providence's Mission?

Work2BeWell fulfills Providence's promise to know, care for, and ease the way of vulnerable individuals through free resources and critical teen mental health education. By reducing deaths of despair and increasing mental health resiliency we fulfill our vision of Health for a Better World.

What's next & where is partnership needed?

In 2020, Providence has taken on the role of primary sponsor to scale Work2BeWell across Providence's seven states and beyond. We will be expanding digital resources to include an app and new curriculum. We are looking for community and corporate partners to connect educators and teens to Work2Bewell resources, help fund new curriculum, and join in raising mental health awareness and promoting teen resiliency.



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