



WORK2BEWELL

Implementation Quick Guide

What is Work2BeWell?

- Mental Health Awareness & Education Program
- Digital Hub (website) www.work2bewell.org
- Clinically Vetted Curriculum
- Student Empowerment Movement

Why should YOU help?

- Embrace & change the conversation
- Reduce the stigma of mental health
- Support your community
- Access to use and share clinically vetted resources
- Help reduce suicide among teens
- Empower teens
- Opportunity to lead in your community



How can YOU support the movement?

- Post on social media #work2bewell
- Invite Work2BeWell to do a workshop at your school or community
- Use Work2BeWell curriculum in your school or community
- Plan a virtual or in person Mental Health Summit
- Create a Work2BeWell Club at your school or community organization
- Use Work2BeWell resources in your existing clubs or programs
- Join and share our Talk2BeWell podcasts
- Support and facilitate student-led advocacy
- Encourage mental health and wellness campaigns in your school

Interact with us!

- Connect with us on Social Media
- Follow us! @work2bewell
- Reshare stories from Work2BeWell
- Questions?
support@work2bewell.org

Stay informed! Stay involved!



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