



W2BW NEWSLETTER

WELCOME TO THE WORK2BEWELL NEWSLETTER!

We are so pleased that you've joined us in building a strong community of mental health advocates, and participating in the sharing of resources that'll lead to all teens having better mental health support and increased emotional well-being.

Our newsletter will be shared on a quarterly basis and will include up-to-date information on the work accomplished by Work2BeWell and our National Student Advisory Council - sharing resources and opportunities to maximize advocacy efforts for mental health.

2023 TEEN VIRTUAL MENTAL HEALTH SUMMIT

Saturday, February 25
10am - 12pm PST

Registration Open!

ACCESS

VIRTUAL TEEN MENTAL HEALTH SUMMIT 2023

February 25th 10am -12pm PT Keynote Speaker: **Ivy Watts**

W2BW's annual Teen Mental Health Summit is just around the corner! This free, teen-led event will showcase student voices, offer key breakouts to discuss mental health themes, and highlight clinically-vetted resources. Teens, educators, and mental health advocates from across the country are invited as we #Work2BeWell together.

Please click below to register for the event!

[REGISTER TODAY!](#)

STAY ENGAGED! TURN ON NOTIFICATIONS

Click on the 'Notifications bell' at the top of W2BW's Instagram account and select the posts you'd like to be notified about. This will ensure you don't miss out on any of our content. [Click here to follow us!](#)

HOW TO: GET YOUR DUCKS IN A ROW

W2BW's Mental Wellness Modules

- Self-Care
- Wellness Wednesdays
- Emotional First Aid Kit

work2bewell.org/curriculum/mental-wellness

Instead of saying...
"we need to talk"
try this...

EDUCATION

TALK2BEWELL

The Work2BeWell podcast features Dr. Robin Henderson and teen voices from across the country focusing on key mental health topics. From conversations on social justice and mental health activism to navigating digital learning or supporting mental health during the holidays, we explore topics that build meaningful dialogue and student activation around mental health.

Click the titles below to give these episodes a listen:

- EP 88: You Can't Pour From an Empty Cup
- EP 71: The Glamorization of Mental Illness in Media
- EP 65: Caring For Yourself

CURRICULUM

Coming Soon! W2BW's Hiding in Plain Sight Curriculum

Billie Henderson, former member of Work2BeWell National Student Advisory, is one of more than 20 young people, ranging in age from 11 to 27, who live with mental health conditions, as well as parents, teachers, friends, healthcare providers in their lives, and independent mental health experts.

Hiding In Plain Sight

Available for viewing nationwide.

For mental health resources visit, work2bewell.org

[Click here to watch Hiding In Plain Sight: Youth Mental Illness Documentary a Film by Erik Ewers & Christopher Loren Ewers](#)

This two-part, four hour series follows the journeys of more than 20 young Americans from all over the country and all walks of life who have struggled with thoughts and feelings that have troubled—and, at times—overwhelmed them. *Hiding in Plain Sight* presents an unflinching look at both the seemingly insurmountable obstacles faced by those who live with mental disorders and the hope that many have found after that storm.

W2BW & Providence are working with the Ewers Brothers to produce HIPS Curriculum to compliment the documentary - more info to come in the next few months. Stay tuned!

ACTIVATION

STATE BY STATE RESOURCES

W2BW will be releasing a State by State Resource list sharing where to go and who to contact for mental health resources within your area.



SPREAD THE WORD

W2BW would like to thank you again for being a part of our special community of individuals committed to mental health & wellness! Our mission is to be the trusted source for educational tools and resources to help activate and empower teens, educators and communities through their curriculum and social media campaigns. Please help us spread our message by sharing our newsletter and encouraging family and friends to subscribe. Teamwork makes the dream work! #HowDoYouWork2BeWell

