

# Bring Change to Mind

BC2M



# Bring Change to Mind

Mission: To end stigma and discrimination surrounding mental illness

What it is: Student-led club dedicated to mental health conversations

- Gives teens a platform to raise awareness around mental health and create a culture of peer support within schools
- Free subscription to the Headspace App
  - Mindfulness app to help manage stress, improve focus, and better sleeping patterns

Who: Students interested in learning more about mental health and how to decrease the stigma of mental health

When: 1-2 meetings per month after school

# Why Mental Health Matters to Teens

**8-10 years**

**Between onset of  
symptoms and  
receiving treatment**

**50%**

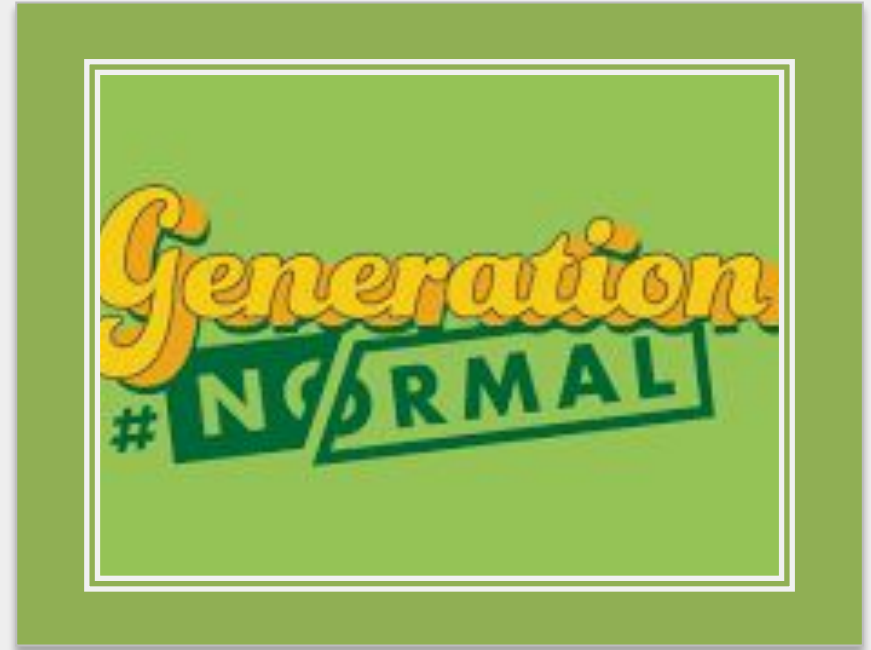
**Mental illnesses  
present before the age  
of 14**

**2nd**

**Leading cause of  
death for ages 10-24**

# What Bring Change to Mind Is Not

- Not a support group
- Not to train students to be mental health professionals
- Not group therapy



# Resources/Links

1. [Bringchange2mind.org](https://bringchange2mind.org)
2. [Research on effectiveness of BC2M programs](#)
3. [Program Terms Agreement](#)
4. [Headspace.com](https://www.headspace.com)