

Nexus: Mental Health Hub for Schools

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BLUF: Introducing Nexus, a common access platform point all can use, and as you would say your “single pane of glass.”

KEY STRATEGIES

The goal is to “Enhance Youth Mental Health Support” by implementing the 3 following strategies:

- Breaking Barriers
- Increasing Access
- And Being the Voice for Change

WHAT’S THE NEED?

Why do we need to “Enhance Youth Mental Health Support” in the first place? Well, based on my research & findings, there are 4 major problems youth face when seeking mental health support, including:

- Barriers:
 - Stigma (stats show 1/3 of youth hold stigma against mental health)
- Lack of Resources:
 - Counselor Shortage (Did you know that? For one school counselor, they have to deal with over 600 students)
 - Therapists are too Expensive
- As well as the overwhelming number of resources and isolation from peers all lead to 60% of depressed youth that lack mental health care.

UNIQUE APPROACH:

It not only has resources online, but it promotes further human connection, like bringing mental health support through fairs, talks, etc...

RESOURCES:

How will the nexus help with our goal? Nexus will help achieve our goal “to enhance youth mental health support” by serving as the solution to tackling the barriers and access issues....

It will bring together a variety of resources like:

- Peer2Peer Talks
- Apps:
 - Emotion Identifying
 - Daily Challenges
- Coping Strategies
- Mental Health Minutes
- Mental Health Resource Fairs
- Modules/Information
 - Tips to Help Peers
- And lots more!

IMPACT:

It will be a go-to, centralized hub for students across the nation (that’s over 80 million students).

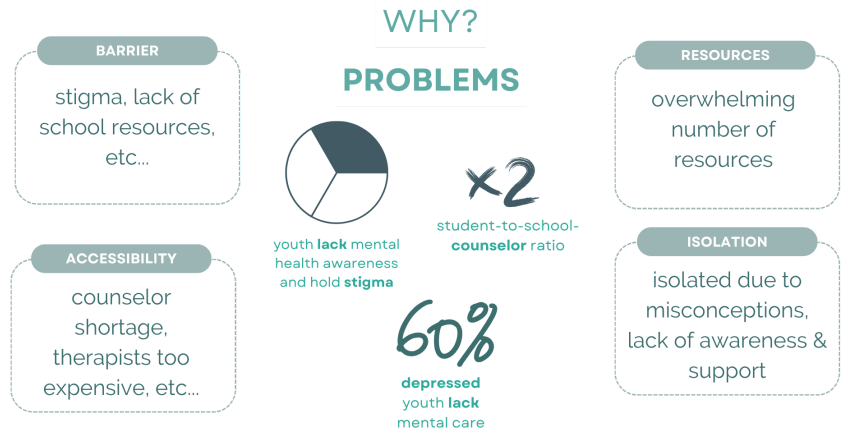
VISION:

For each school adopts nexus, starting with a pilot school and then from there spreading it more. And to have a centralized “Uber Nexus”, which then would be divided into “Local Nexus” per district, so youth can get more personalized/local support.

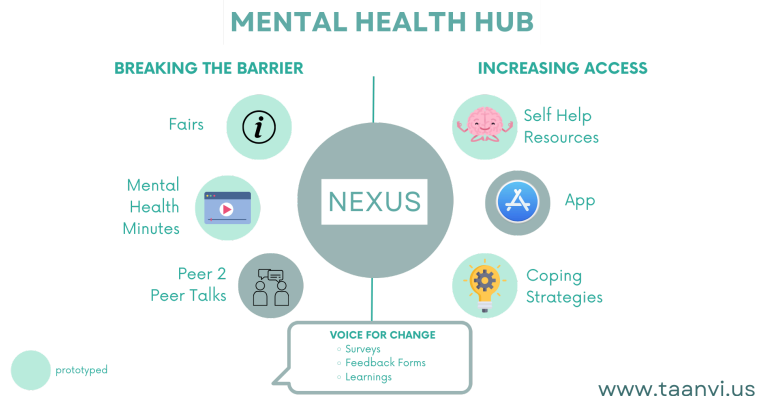
WHY SCHOOLS?

Because the power of schools is where teens and youth face the most barriers, need the most support, and already have human connection, so bringing in nexus can help better facilitate this and bring it into a wider audience of those who need it.

WANT TO PARTNER WITH NEXUS? Fill out this [form](#), and we’ll get connected!



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