

2024

Annual Report

Mental Health Collaborative

**Building Resilient Communities Through
Mental Health Education & Awareness**



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Mental Health Collaborative is a 501(c)3 nonprofit organization that builds resilient communities through education and awareness. We provide a variety of mental health education programs for schools, organizations, and communities



A Message from Our Founder

Dear Friends and Supporters,

On behalf of the Board of Directors and our entire team at Mental Health Collaborative (MHC), I am thrilled to share our 2024 Annual Report, highlighting the significant strides we have made as we celebrate our impact over the past 5 years. When we opened our doors in 2019, we recognized the urgent need to integrate Mental Health Literacy (MHL) into schools, communities, and organizations. Thanks to the unwavering support of our staff, partners, supporters, and clients, we have reached over 10,000 individuals, providing them with essential knowledge, tools, and strategies to lead mentally healthy lives.

MHL empowers individuals to understand and manage their mental well-being, while also helping them support others. It encompasses four core components: reducing stigma, understanding mental illnesses and treatments, promoting positive mental health, and knowing when and how to seek professional help. This education is vital for living a full, thriving life. However, it remains unavailable to the majority of people.

In the pages ahead, you will see how our efforts continue to grow and create meaningful impact. While we're proud of our accomplishments, we know there's still much work to be done. We ask for your continued support as we forge ahead in furthering our mission. Your generosity and support have allowed us to expand mental health education to thousands of individuals, and we're eager to continue working together to ensure this critical, life-saving education reaches every community.

We remain committed to inclusivity and equity, striving to bring mental health education to all individuals, regardless of background or circumstance. In a time of many uncertainties and division within our country, it is more important than ever for us to come together and collectively address the pressing issues around mental health. Through our programs, we can make a lasting, positive impact.

Thank you for being an essential part of our journey. We look forward to sharing more stories of impact as we continue to grow our MHC community.

With deep gratitude,
Abbie Rosenberg



To learn more about us, please visit our website:

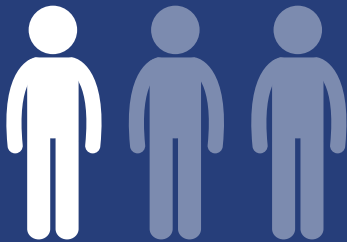
www.mentalhealthcollaborative.org

Our Impact

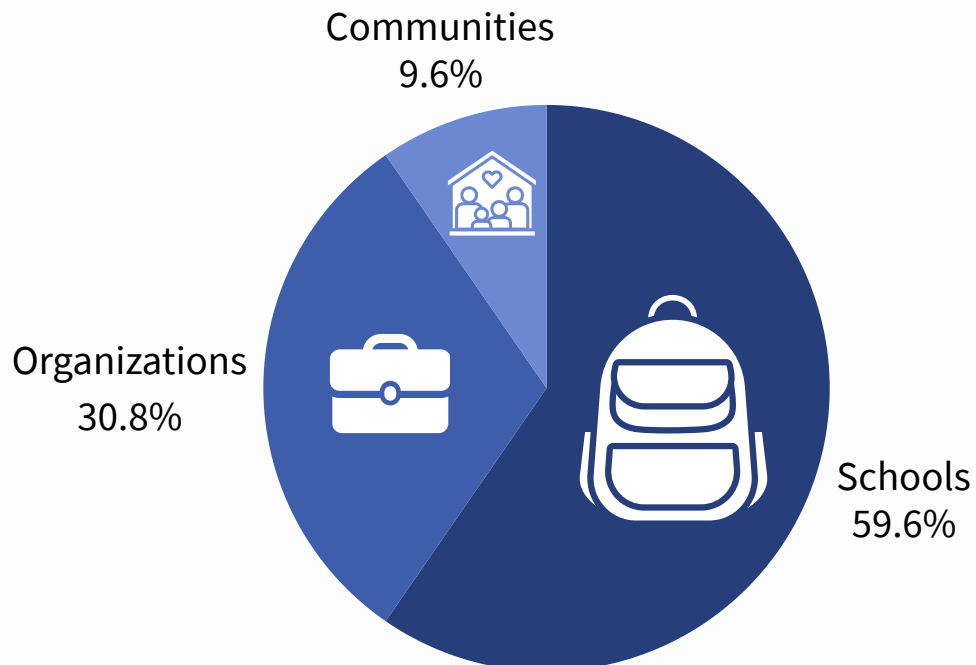
In 2024, we trained

3,500 people

in mental health literacy! This means **we've trained over 10,000 people** in just 5 years of operating.



30% of our programs were **Train-the-Trainer** models, which sustainably and exponentially increase our impact to teach MHL to thousands more people. See the overall breakdown of our programs below:



Our Impact

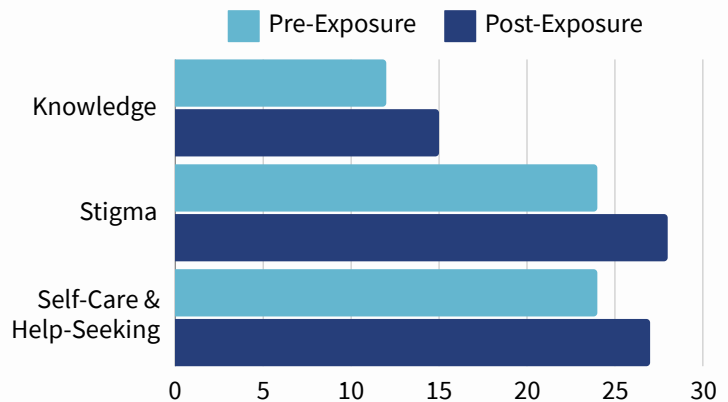
Student Curriculum Data

After exposure to the MHC curriculum, students exhibited significant increases in knowledge, significantly more positive attitudes toward mental illness (stigma reduction), and significant increases in understanding of self-care and help-seeking strategies. A detailed breakdown of each section follows.

Knowledge: students improved from 12 to 15 correct responses after exposure out of a total score of 21 (significant @ .000 probability).

Stigma: students improved from 24 to 28 of a total score of 35 (significant @ .000 probability).

Self-Care & Help-Seeking strategies: students improved from 24 to 27 of a total score of 30 (significant @ .000 probability).



Case Study

“About a year and a half ago, Windover experienced a horrific tragedy when one of our employees killed his spouse and child and then took his own life. This tragedy was extremely impactful to our organization, and we recognized we needed to do more. It was a call to action. We had always been mindful of our employees’ well-being, but this crisis required us to open our aperture of how we evaluate each employee and all our project team members. We definitely needed a plan. We needed to equip our employees, managers, and leaders with mental health training, protocol and nomenclature. We knew we didn’t have enough in-house knowledge, nor the expertise needed to go it alone.

Fortunately, we discovered Mental Health Collaborative, Inc., and began working together. We created a plan, a roadmap of sorts that our people can all use if we have concerns about a teammate, a friend, a family member, or anyone for that matter. It has also been useful for self-assessment, which has given a few members of our team the insight to seek help over the past year.”

“We feel so very fortunate to have Mental Health Collaborative, Inc. as our partner as we monitor and address our team’s mental well-being.”

–Windover Construction

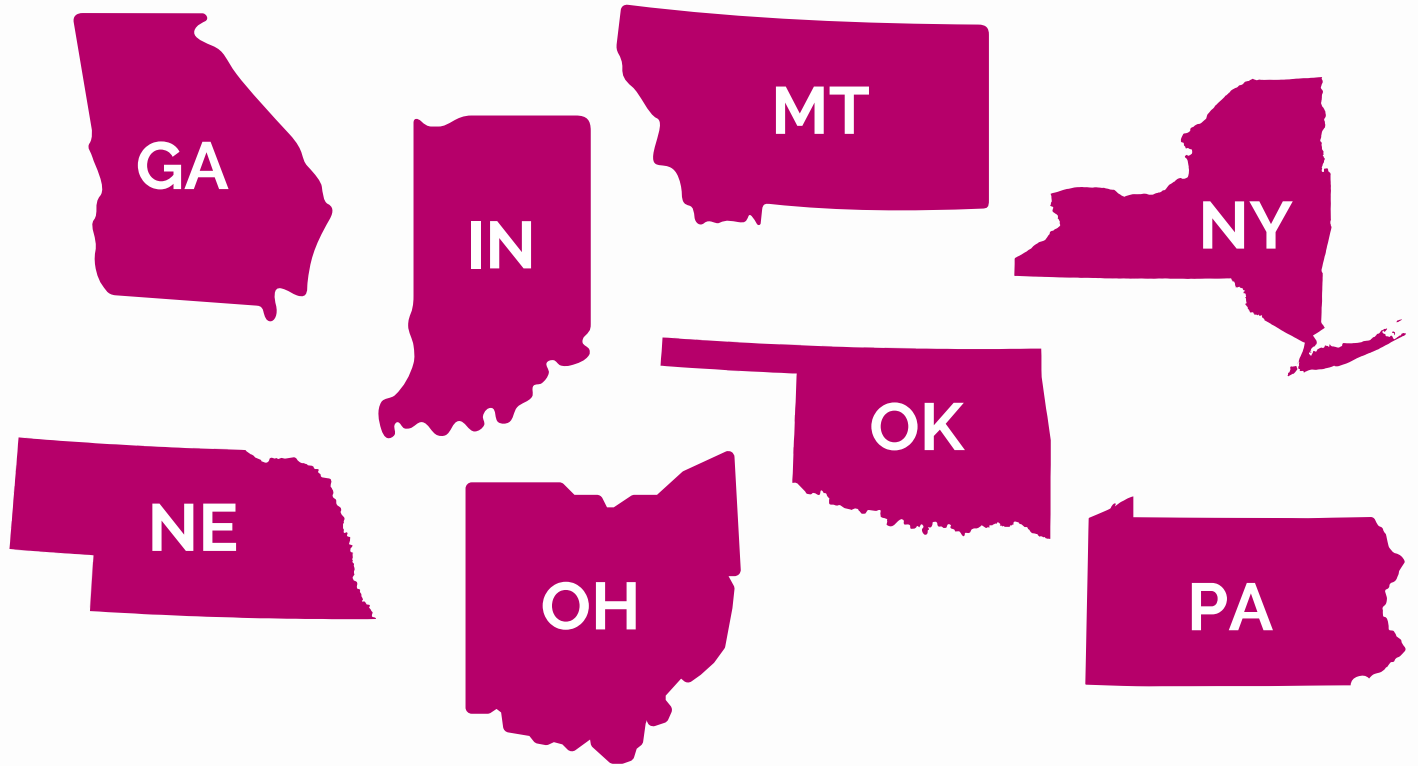
Our Impact

Some clients we served in 2024 include:



Our Impact

In addition to our national programs and the states we currently serve (CT, MA, MD, MN, RI, & WI), we've **expanded into a number of new states** this year! Check out some of the places we've grown into.



National Young Adult E-Course Pilot

We are thrilled to be disseminating our Mental Health Essentials for Young Adults self-paced e-course at nonprofits across the country in 2025.

The young adults will learn the 4 components of MHL in addition to strategies for managing transitions, how to improve social health, and how to build balance in their lives.



Our Fundraising

In 2024, we've raised money to support our cause with a number of grants, campaigns, and events. Check out some of them below:



Falmouth Road Race



5 Year Anniversary Gala



MHC Fall Classic

Our Fundraising

Help MHC Save Lives with Mental Health Education



We can't do it alone. Your donation allows us to bring our programs to schools, organizations, and communities and to continue doing the essential work of educating all in mental health literacy.

Support our mission of building resilient communities through mental health education and awareness by donating here:
<https://www.mentalhealthcollaborative.org/donate/>

Our Programs: Mental Health Essentials

Educators

Student Curriculum

Beyond High School

Coaches

Student Leaders

Parents & Caregivers

Communities

Young Adults

Older Adults

Mentors

Workplaces

Young Professionals

Our Programs

are developed and delivered by experienced clinicians and educators, evidence-based, offered virtually or in-person, and cost-effective

Contact info@mentalhealthcollaborative.org to learn more!

Thank You from MHC!



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Contact Us



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