



**MENTAL HEALTH CURRICULUM
RESULTS & SURVEY DATA**



[CURATEHOPE.COM](http://curatehope.com)

1

Curriculum was created by mental health professionals who are familiar with the devastating statistics when it comes to despair and suicide.

36.7% OF ADOLESCENCE (12-17) reported persistent feelings of sadness or hopelessness. (2018)



2

Surveys taken by over 450 students, after 5 weeks of watching, discussing, and participating in the activities found in the supplemental worksheets once a week found that students felt more confident with their understanding of mental health.

“One being the lowest, how would you rate your understanding of mental health?”

PRE-SURVEY AVERAGE: 3.75
POST-SURVEY AVERAGE: 3.95



3

Students also felt more comfortable recognizing and talking to a friend who is expressing thoughts of hurting themselves.

“One being the lowest, how knowledgeable and comfortable do you feel to help a friend who expresses thoughts of hurting themselves?”

PRE-SURVEY AVERAGE: 4.0
POST-SURVEY AVERAGE: 4.10

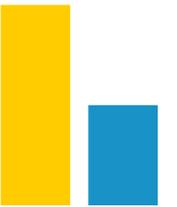


4

The Mental Health Curriculum gives more information on who to reach out to if the student themselves is having thoughts of hurting themselves. Students who were unsure who to talk to when struggling with thoughts of hurting themselves, decreased 50%.

When asked, “Do you know who to reach out to if you or your friend expresses thoughts of hurting themselves?”

PRE-SURVEY AVERAGE: 10.87% SAID NO
POST-SURVEY AVERAGE: 5.08% SAID NO.



5

Students deal with stress and anxiety from all areas of life, sometimes not even knowing where it is coming from. The Mental Health Curriculum equips them to understand how to notice the anxiety and manage it.

“Once being the lowest, how equipped are you to deal with and manage anxiety?”

PRE-SURVEY AVERAGE: 3.26
POST-SURVEY AVERAGE: 3.49



6

One of the best outcomes is the fact that after participating in the Mental Health Curriculum, students realized that they had a purpose and that they matter. They were given HOPE!

“With 1 being I disagree and 5 being I strongly agree, how much do you agree with the following statement: *My life has a purpose and I matter.*”?

PRE-SURVEY AVERAGE: 4.4
POST-SURVEY AVERAGE: 4.45

