



"TO BE HEALTHY AS A WHOLE, MENTAL  
HEALTH PLAYS A ROLE"

# The JED Foundation

SOP and MOA fight mental health  
together



Focuses on managing friendships/relationships, problem solving, decision making, identifying and managing emotions, finding life purpose, and identity

Life skills taught in order to create healthy ways to cope with stress as a student.

# THE JED FOUNDATION

Nonprofit created to protect emotional health and prevent suicide in teens and young adults

Develop expert resources to ensure more teens and young adult have access to help navigate life challenges

Educate and equip students, families and communities how to support those in distress or struggling with mental health

