



jedfoundation.org

PROTECTING EMOTIONAL HEALTH. PREVENTING SUICIDE.



A TIME OF GROWTH

Young adulthood is a time of learning and exploration. A time to start building a life of one's own and to feel excitement about the future. Yet for many of our young people, transitioning into adulthood can be a time of significant changes and intense challenges.

WE SEE THE EFFECTS IN THE HEADLINES

Every day: a death from binge drinking, an overdose, a suicide. These tragedies are complex and their warning signs often subtle, but with the right support and safety nets, many lives can be saved.

With your support, JED is helping our nation's youth grow into thriving adults.

HELPING OUR YOUTH

We are the leading nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults.

- JED educates and equips students, families and communities to know when and how to support others who are in distress or struggling with a mental health issue
- JED helps schools evaluate and strengthen their mental health, substance abuse and suicide prevention programs and systems to safeguard individual and community health
- JED develops expert resources and creates powerful partnerships to ensure more teens and young adults get access to the resources and support they need to navigate life's challenges

JED's mental health public service campaigns reach over **25 MILLION PEOPLE.**

WHY JED IS NEEDED

- 1 in 5 young people aged 13 to 28 lives with mental health issues
- Suicide is the second leading cause of death in teens and young adults, after accidents
- 9.8% of college students and 18% of high school students reported having serious thoughts of suicide in the past 12 months

MEET OUR PARTNERS

Expanding our influence through enduring relationships

We are grateful for the time and talent of the leaders, families and volunteers who support us from the worlds of business, academia, medicine, media, entertainment and philanthropy.



JED SIGNATURE PROGRAMS

We are meeting teens and young adults where they are, in school and online.

JED CAMPUS

jedcampus.org

A nationwide initiative designed to guide schools through a collaborative process of developing comprehensive systems, programs and policies with customized support to build upon existing student mental health, substance abuse, and suicide prevention efforts.

SET TO GO

settogo.org

A new program that guides students, families and high school educators through the social, emotional and mental health challenges related to the transition out of high school to college and adulthood.

ULIFELINE

ulifeline.org

An online resource center offering college students information about emotional health issues and the resources available on campus. This service also provides a confidential mental health self-screening tool.

HALF OF US

halfofus.com

Award-winning program from JED & MTV featuring a library of free-for-use videos including PSAs, celebrities and students talking about their personal experiences with mental health and substance use. Half of Us helps young people feel less alone and encourages them to reach out for help.

LOVE IS LOUDER

loveislouder.com

A community working together to build a world where we all feel connected & supported. No matter who we are, where we're from, what we've experienced or what challenges we face, there are things we can do to make a connection and support love in our lives and for the people around us.

SEIZE THE AWKWARD

seizetheawkward.org

A new national campaign, in partnership with Ad Council and AFSP, that encourages teens and young adults to "seize the awkward" by reaching out to a friend who may be struggling with mental health problems.

EQUITY IN MENTAL HEALTH FRAMEWORK

equityinmentalhealth.org

Created by JED and The Steve Fund, the Equity in Mental Health Framework offers expert recommendations and implementation strategies for America's colleges and universities to better support the mental health and emotional well-being of students of color.



TAKE ACTION:

Get involved:
jedfoundation.org/get-involved

Make a difference:
jedfoundation.org/donate

Learn how to help yourself or someone else:
jedfoundation.org/help

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