



The Mental Health Literacy Collaborative

“There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in.” ~ Desmond Tutu

The mission of the Mental Health Literacy Collaborative (MHLC) is to make the education framework of mental health literacy (MHL) foundational in schools and communities. To accomplish this mission, we have enlisted a diverse group of expert individuals and organizations to coordinate efforts around elevating the MHL framework as an upstream solution for addressing mental health.

MHL covers four critical concepts:

1. Understanding how to foster and maintain positive mental health.
2. Understanding mental health disorders and their treatments.
3. Decreasing stigma related to mental health.
4. Understanding how to seek help effectively.

Through the support and advisory of our robust network of collaborators, The MHLC has identified three focus areas to help schools and communities navigate the mental health education landscape and become a trusted hub for anyone looking to build MHL into the fabric of their community.

- **Advocacy and Education:** Developing tools to inform people about MHL, why it is essential, and how to implement it effectively.
- **Policy Guidance:** Providing supportive, collaborative opportunities to partners creating and/or improving policy.
- **Content ID, Research, and Development:** The MHLC does not endorse specific content, but we do guide people to appropriately vetted, evidence-based content and encourage the development and research of new, culturally relevant content.

Significant gaps exist between research, policy, and practice. Recent legislative efforts have made the need for a standardized framework and implementation guidance clear. Our focus areas address these gaps and make navigating the mental health education landscape less onerous by providing clear objectives and the necessary steps to accomplish them. We continue to develop projects specific to our mission and expand the reach of our message through our primary strength, true collaboration.